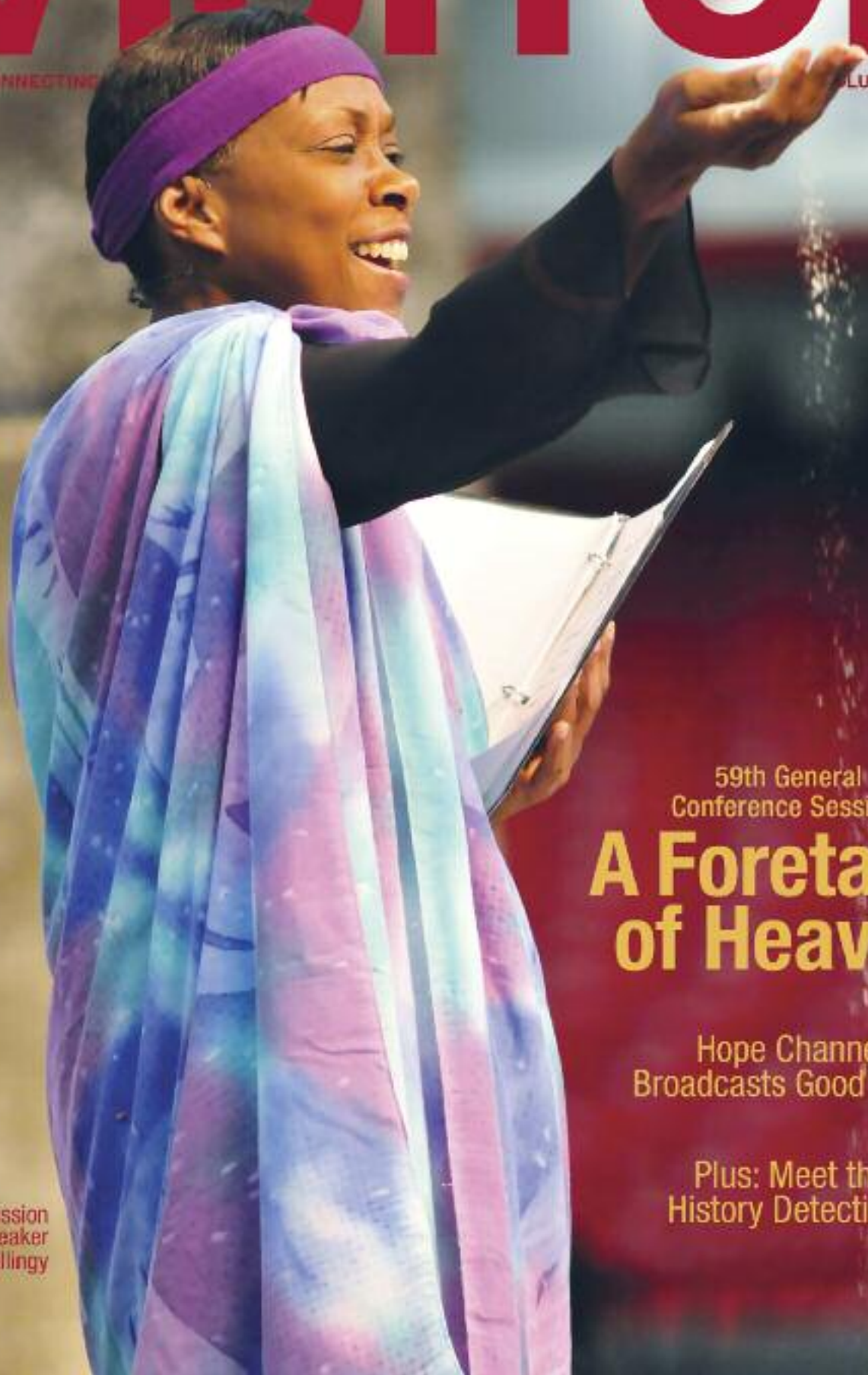


VISITOR

CONNECTING

VOLUME 115 • ISSUE 3



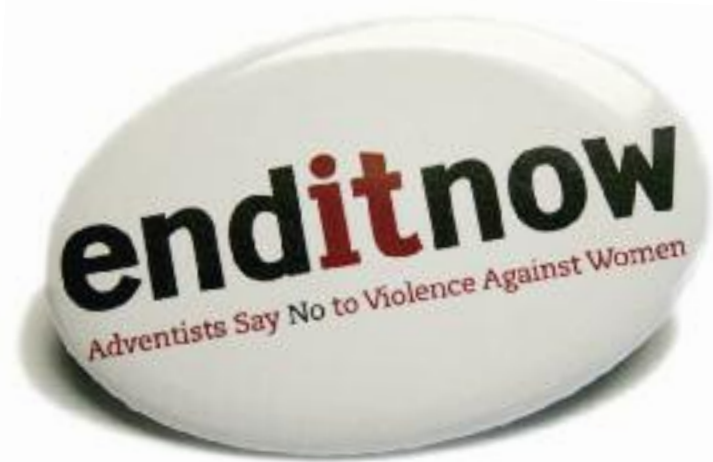
59th General
Conference Session:

A Foretaste of Heaven

Hope Channel
Broadcasts Good News

Plus: Meet the
History Detectives

GC Session
Speaker
Brenda Billingsy



News & Features

6 | A Foretaste of Heaven

More than 70,000 Seventh-day Adventists from around the globe gathered in Atlanta for the 59th General Conference Session June 23-July 3. See how Columbia Union members participated in this history-making event.

14 | A Channel for Hope

Benjamin J. Baker

Last month Hope Channel broadcasted nearly six hours of live programming daily, enabling Adventists around the world to have a virtual seat at GC Session. Learn more about this burgeoning satellite network and find out how you can be a part of our channel for hope.

16 | History Detectives

Sherry English

Archives contain obscure bits of information that tell the story of a family, an event, a nation or even a denomination. Meet two Adventist archivists who spend their days uncovering and preserving history.

18 | From the Archives

Compiled by Beth Michaels and Sandra Jones

For 115 years, members in the Columbia Union have relied on the *Visitor* to chronicle the work of the Adventist Church in the mid-Atlantic United States. From fires to festivals, outreach efforts to openings, benefits to baptisms—we've recorded it all. Here's a look at some news from yesteryear.

In Every Issue

3 | Editorial

4 | Potluck

21 | Healthcare News

Newsletters

25 Allegheny East

27 Allegheny West

29 Chesapeake

31 Highland View Academy

33 Mountain View

35 Mount Vernon Academy

37 New Jersey

39 Ohio

41 Pennsylvania

43 Potomac

45 Takoma Academy

47 Washington Adventist University

52 | Bulletin Board

55 | WholeHealth

Lilly Tryon

End it Now – GC Session attendees wore buttons signaling their commitment to the church's worldwide campaign to end violence against women and girls. In addition to wearing these buttons, tens of thousands signed a petition in Atlanta and online at enditnow.org.

About the Cover: Allegheny East Conference pastor Brenda Billingsy was photographed by Bryant Taylor in Atlanta.

From My Seat on the Floor

Seated in the North American Division (NAD) section on the main floor of the Georgia Dome, I looked at the delegates from the other 12 divisions. They had traveled thousands of miles, and likely days, to participate in the 59th General Conference Session in Atlanta. It was awesome—and somewhat overwhelming—to realize that we collectively represented 16 million members from 203 countries who empowered us to act on their behalf. We prayed that God would guide and believed He would “speak” through our collective decisions.

It was evident that our NAD delegation was smaller than many others. With only 228 representatives, we accounted for less than 10 percent of the delegation as a whole.

Periodic reports from the Nominating Committee were of high interest. Soon after the session began, we selected this committee of 240 delegates. They spent long days sequestered in a third floor conference room—sans cell phones—nominating leaders. Their first report to us—a recommendation for Ted Wilson to serve as world church president—came quickly and with 71 percent of their votes.

The rest of us worked our way through the meeting agenda collated in a thick, red binder. We spent a considerable amount of time reviewing proposed changes to the *Church Manual*, which can only be altered at GC Session. Most of the items were editorial in nature, however, a proposal to allow for the ordination of deaconesses in “approving” divisions created much debate. The motion that ultimately passed approves ordination of deacons and deaconesses worldwide without stipulation.

While the ordination of women pastors was not officially addressed, Wilson's administration promised to study the biblical theology behind our tradition of ordination. There were many impassioned appeals to place more women and young people in leadership roles. Delegates voted to increase youth representation on the 300-member General Conference Executive

Committee and encouraged each division, union, conference and church board to do likewise.

It was a surprise to many that Canadian Union president Dan Jackson received the vote for the NAD presidency. This outcome reminded me of the time God told Samuel to anoint a new king of Israel. Samuel thought he knew God's choice, but God chose a shepherd looking after his sheep. Many of us don't know Jackson, but we acknowledge him as God's choice, and we will get to know him better over the next few years.

ON HOLY GROUND

No article, blog, DVD or photograph can articulate what it felt like to serve as a delegate alongside brothers and sisters from around the world. As we prayed, sang, discussed issues and voted, I truly felt God's Spirit leading and working. At times I was almost prompted to remove my shoes!

On the closing Sabbath, we were among the 70,000 attendees who heard President Wilson's call for Bible study, continued support of the Spirit of Prophecy, spiritual renewal through prayer and individual witnessing as a method of evangelism. In the afternoon, we heard reports of how the good news of Christ's soon return is being shared around the world, and we saw our division presidents pledge to do all they can to “Tell the World” during this new quinquennium.

Indeed, this session was a foretaste of heaven. Heaven, however, will only be complete when we are reunited with Jesus and those who will be resurrected from their sleep.

J. Neville Harcombe (nharcombe@columbiaunion.net) serves as secretary of the Columbia Union Conference.



PHOTO BY SETH SHAFFER

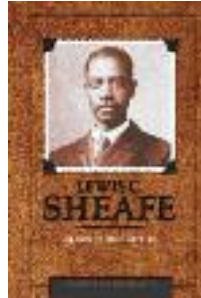
Potluck

BETH MICHAELS

What's New?

Book > Lewis C. Sheafe: Apostle to Black America Douglas Morgan

Douglas Morgan, professor of history at Washington Adventist University in Takoma Park, Md.,



shines a light on Lewis C. Sheafe, a “largely forgotten” church minister who formed the first urban, black Seventh-day Adventist congregation in 1903.

Sheafe’s story “doesn’t have a happy ending,” Morgan admits. “It is a

human story of hope, aspiration and struggles ... but, I do hope that it helps us understand where we came from on the racial issue, and I hope it is something we can learn from.”

This is book 6 in the Review and Herald Publishing Association’s Adventist Pioneer series.



CD > Just Keith & Evelyn, Keith and Evelyn Goodman

Besides being the pastoral couple for Allegheny East Conference’s North Philadelphia church, Keith S. and Evelyn Fordham Goodman have been lifting up Christ in song since meeting at Oakwood University



(Ala.) 15 years ago. On their first album of favorite hymns and spirituals, the pair shares voice and piano renditions of songs like “Higher Ground.”

“(Music) is a beautiful thread that is embedded in the very fabric of our home,” say the parents of two. “This CD ... is our testimony of God’s love and His power to save.”

Read more and order at cdbaby.com/cd/kegoodman.

DVD > Sharing the Good News in the 21st Century Sung Kwon

In the 25th volume of the Adventist Preaching Sermon Series (adventistpreaching.com), Sung Kwon, national executive director of North American Division Adventist Community Services,



addresses our call to service.

Did You Know?

Pastor Tom Hughes of Ohio Conference’s Newark and Zanesville churches helped develop *Steps to Jesus: The Ride of Your Life*, the biker version of Ellen White’s famous book *Steps to Christ*. Sales have already topped 50,000. Order at adventistbookcenter.com.



Kwon, a member of Chesapeake Conference’s Spencerville church in Silver Spring, Md., shares ideas about how to develop ministries that are “relevant for the church and for reaching out to communities in the 21st century.” He adds, “The ‘gospel’ is not changing, but the way we deliver its good news must be adaptable and relevant.”

Get copies at most Adventist Book Centers or adventsource.org.

Web Watch

adventistyouth.org/sb

Looking for a powerful Week of Prayer or youth rally speaker? Check out the Center for Youth Evangelism’s (Mich.) new speakers bureau.

What You Bring to the Table

In the Spotlight > Nutrition and Vegan Specialist Hashina Seneque

As a teenager, Hashina Seneque dreamed of becoming a nutritionist and helping others recover from dangerous diseases and destructive behaviors like cancer, diabetes and substance abuse.

Seneque, a founding member of Potomac Conference’s Restoration Praise Center in Lanham, Md., began turning that dream into reality two years ago when she started Sweet Treats for the Vegan Soul. Through her home-based bakery in Hyattsville, Md., Seneque cooks up vegan desserts like Double Chocolate Muffins and Cinnamon Buns that use nontraditional sweeteners, soy products and other alternatives to help consumers satisfy their sweet tooth in a healthy way.



Last year Seneque used her bakery to launch the Kiwi Nutrition and Wellness Institute with business partner Karen Irwin. Through church and community health fairs, cooking classes, nutritional consultations and health presentations, the ladies share the importance of a healthy, plant-based diet with members of various denominations and families throughout the Washington, D.C., region. They target the health needs of African-Americans and other minority groups, recognizing that many health issues are often rooted in poor dietary and lifestyle choices.

“I am grateful for the opportunity to be used by God to show others how they can lead healthier lives,” Seneque says. Learn more at kiwinutrition.com and sweetsforvegansouls.com.—Nadia McGill



On the Web

Retweets >

RoseGamblin



The first talk radio shows dedicated to education—*Education Currents* and *Homeschool Companion*. Listen live at LifeTalk.net.—Rose Gamblin, PhD, Member, Smithsburg Valley Church, Smithsburg, Md.

Redux52000



Assess where you are. Review your purpose. Keep your focus. ARK. —Hector Perla, Member, Restoration Praise Center, Lanham, Md.

twitter

Get news and interesting tidbits about your church family by following us at twitter.com/VisitorNews.

Facebooked >

Remnant Adventist Church



Please pray for Elder Ted N.C. Wilson in a very special way so that God will open His windows of heaven and shower him with wisdom to lead His people to eternity.—Silver Spring, Md.

Yekaterina Unnikumaran



If you had to fit the most important things in your life in a backpack, what would they be?—Member, New Hope Church, Fulton, Md.

CORRECTION: Purchase Edwina Grice Neeley’s book (July Potluck) *Thank You God for My Food* at createspace.com/1000251964.

A Foretaste of Heaven

We are gathered here to celebrate what it means to be a **global family of faith** engaged in the mission of Christ.—Lowell Cooper



Compiled by Celeste Ryan Blyden, Kelly Butler Coe and Taashi Rowe



59TH GENERAL CONFERENCE SESSION



PHOTO BY BRYANT TAYLOR
Dave Weigley, Columbia Union Conference President



PHOTO BY BRYANT TAYLOR
Delegate Carlson Griffith, Community Praise Center, Alexandria, Va.



PHOTO BY SETH SHAFFER



PHOTO BY JAMES BOKOVY

A COLUMBIA UNION SON BECOMES PRESIDENT – “Mr. Chair, for president of the General Conference for the next quinquennium, the Nominating Committee presents the name of Ted Wilson,” announced Cindy Tutsch, committee secretary. Before the vote was even taken, applause and “amens” echoed throughout the Georgia Dome. Moments after the nearly unanimous vote, Wilson, 60, and his wife were received on stage with a standing ovation. “Nancy and I are humbled beyond words at the encouragement and confidence of our people. To be requested to be a servant leader is something that truly brings us to our knees,” he said. Wilson’s father, Neal C. Wilson, was president of the Columbia Union Conference from 1962-1966, and world church president from 1979-1990.

Top: The Sonshine Singers from the Triadelphia church in Clarksville, Md., present Sabbath afternoon music.

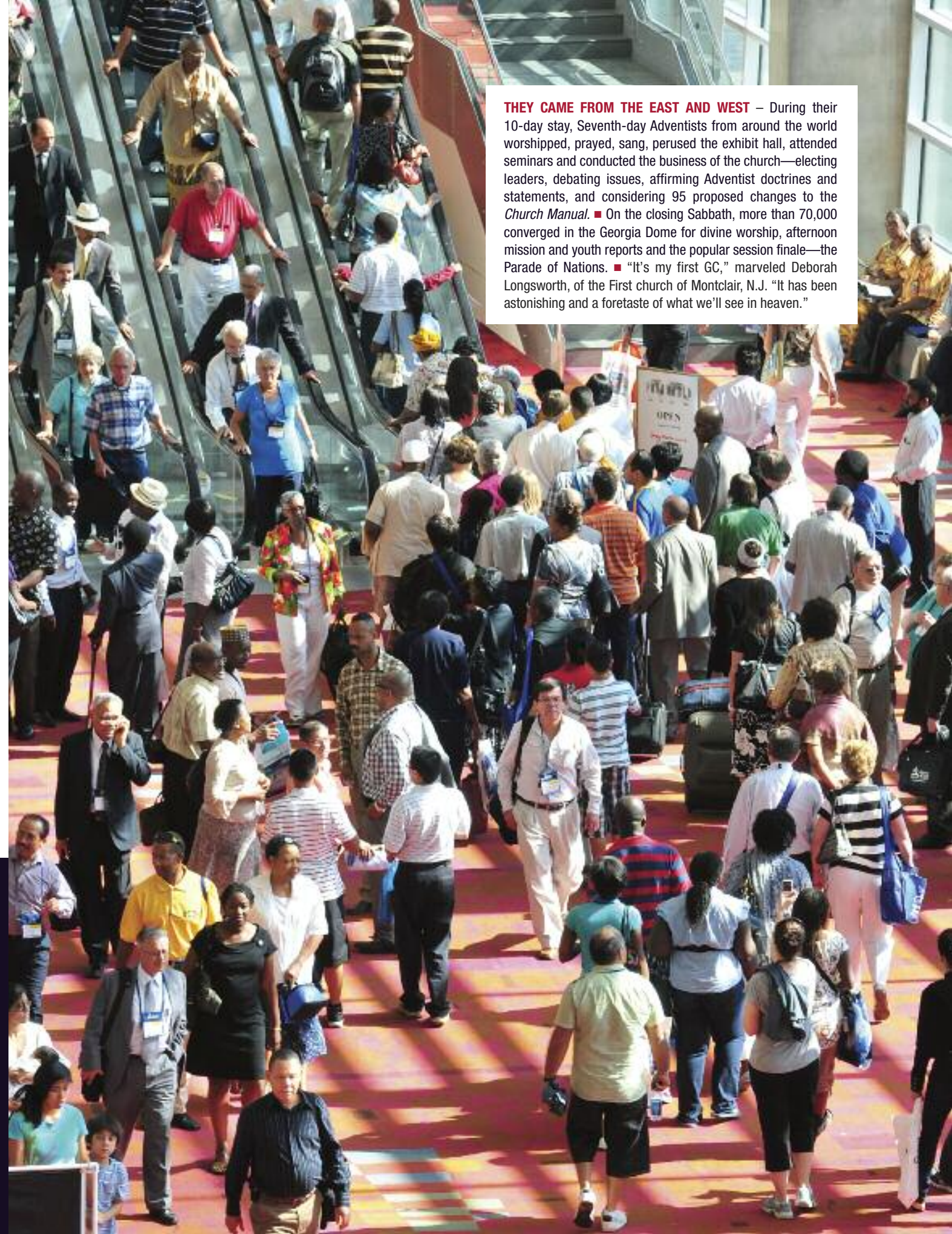
PHOTO ON PREVIOUS AND OPPOSITE PAGES BY BRYANT TAYLOR



Above: Katia Reinert, who directs the Parish Nursing program for Rockville, Md.-based Adventist HealthCare, encourages visitors to spin the Wheel of Health.

Left: Chor-Kiat Sim, a chaplain at Washington Adventist Hospital, in Takoma Park, Md., helps Abigail Jenkins of Boston take the Health Age Assessment.

PHOTOS BY LUCI ZEMLEDOUGH AND KELLY BUTLER COE



THEY CAME FROM THE EAST AND WEST – During their 10-day stay, Seventh-day Adventists from around the world worshipped, prayed, sang, perused the exhibit hall, attended seminars and conducted the business of the church—electing leaders, debating issues, affirming Adventist doctrines and statements, and considering 95 proposed changes to the *Church Manual*. ■ On the closing Sabbath, more than 70,000 converged in the Georgia Dome for divine worship, afternoon mission and youth reports and the popular session finale—the Parade of Nations. ■ “It’s my first GC,” marveled Deborah Longworth, of the First church of Montclair, N.J. “It has been astonishing and a foretaste of what we’ll see in heaven.”

59TH GENERAL CONFERENCE SESSION



PHOTO BY TAASHI ROWE

BRINGING THE NEWS HOME – Iris Argueta, Children’s Ministries director for the Washington Spanish church in Silver Spring, Md., and Charles Tapp, senior pastor of Sligo church in Takoma Park, Md., anchored *Adventist Newslines*, a half-hour television news program broadcast nightly on Hope Channel.

Q&A – David Brillhart, a film producer and director and member of Sligo church in Takoma Park, Md., fields questions from some of the 800 attendees at the SonScreen Film Festival, which ran concurrent to the session and annually recognizes the work of young Adventist filmmakers.



PHOTO BY TERENCE BOWEN



PHOTO BY BRYANT TAYLOR

A MOTION OF GRACE – Brenda Billingsy (above), senior pastor of the Metropolitan church in Hyattsville, Md., shared a morning devotional titled “Grace, Law and Obedience.” Donning a blue and purple garb and holding a stone and bucket of sand, she took on the persona of the woman caught in adultery and recounted her “grace moment” with Jesus in John 8:1-11.



ADVENTISTS RACE FOR HEALTH

– Several Columbia Union members were among the more than 200 participants in the Adventist Race for Health 5K/10K, which the union helped sponsor. “We wanted to let members know that exercise is a medicine,” explained DeWitt Williams, NAD Health Ministries director and race coordinator. “It is a continuation of the InStep for Life program, which encourages members to get a pedometer and aim to walk 10,000 steps per day. A lot of Adventists are into healthy food but don’t exercise, but Mrs. [Ellen] White says every person should walk daily.”

PHOTOS BY KELLY BUTLER COE



Gina Kim, Capital Chinese Church, Silver Spring, Md.

Just think about it, *we* don’t even want to be us some days, but *God* chose to become one of us!—Tara VinCross

GRACE IN THE MANGER – As the only young adult speaker at GC Session, Tara VinCross (right) pastor of Philadelphia’s Chestnut Hill church, talked about “Grace in the Manger” in her morning devotional. “I believe God is calling us to be His hands and feet in the world and to allow His Spirit to be in us,” she told attendees. “Oftentimes we talk about words and messages and sending out programs, but the biggest representation is what God wants to do through us as we come in contact with the world.”



PHOTO BY BRYANT TAYLOR



PHOTO BY SETH SHAFER

BIGGER THAN ME – “God never calls us to do things we are capable of, and this thing is so much bigger than me. But He has called, and I accept this with the greatest humility and with extreme gratitude to Don Schneider,” said Dan Jackson (above) after being elected president of the North American Division. Jackson, 61, who has served as president of the Seventh-day Adventist Church in Canada since 2002, is a native Canadian, and, with the exception of five years of service in the Southern Asia Division, has lived and ministered in Canada with his wife, Donna.

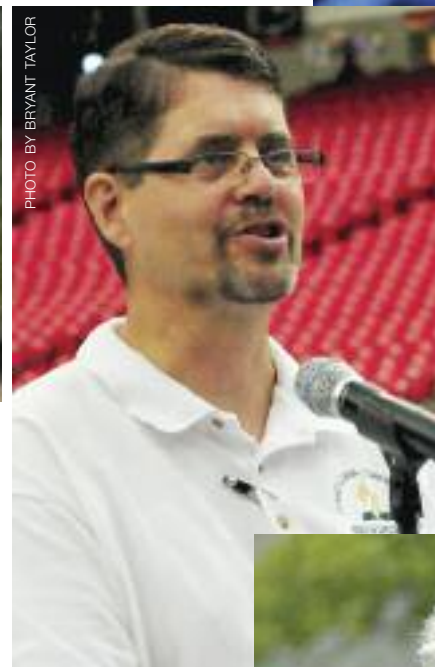


PHOTO BY BRYANT TAYLOR

BLOGGER – Ray Hartwell, Pennsylvania Conference president, gave his members a behind-the-scenes look at GC Session through his blog: <http://paconfpresident.blogspot.com>.

YOUNG ADULTS IMPACT ATLANTA

– A 10-day community outreach initiative provided young adults attending GC Session opportunities for leadership training, discipleship and service. Natasha Carter, a member of the Capitol Hill church in Washington, D.C., and Cheryl Cathlin of the Community Praise Center in Alexandria, Va., did their part by cleaning the kitchen of a local family in need.



PHOTO BY GARY WAGNER



PHOTO BY PAUL SHRIDLEY

Left: Giovanni Hashimoto, Student, Shenandoah Valley Academy, New Market, Va. Below: Pine Forge Academy Choir, Pine Forge, Pa.



PHOTO BY TERENCE BOWEN



PHOTO BY COLIN MARTIN

THE BEST FOR OUR CHILDREN

– Buz Menhardt, associate pastor of the New Market (Va.) church, collaborated with Camp Blue Ridge and Shenandoah Valley Academy, etc., to operate a children’s day camp during GC Session. His staff of 14 youth engaged campers, aged 6 to 12, in a variety of activities such as music, nature, crafts, Bible classes, swimming and water skiing. “If we can have the best for our preachers, then we should have the best for our children,” he reasoned.

59TH GENERAL CONFERENCE SESSION

MEET THE PRESS – Some 480 communicators from around the world registered for press credentials. They wrote, blogged, photographed, produced videos, tweeted and even hosted radio shows from the pressroom high above the Georgia Dome floor. Celeste Ryan Blyden, *Visitor* editor and publisher; Elizabeth Anderson, assistant professor of journalism and public affairs at Washington Adventist University in Takoma Park, Md.; Ron Pollard, a pastor in the Southern California Conference; and Bryant Taylor, communication director for Allegheny West Conference, were among them.



THANK YOU, ATLANTA – Sligo church youth pastor Mark Sique emcees a free, outdoor concert presented by Adventists in an Atlanta park.



PHOTO BY PAUL SPRADLEY

PERFECT ATTENDANCE – Kettering (Ohio) church member and delegate Vince Waln attended every business session and kept a log of all 247 votes.



PHOTO BY BRYANT TAYLOR

LOCAL MEMBERS ELECTED – Willie Oliver, PhD, was elected director of Family Ministries for the world church. For the last 15 years, he has served in the same position for the North American Division. His wife, Elaine, associate vice president for Enrollment Management at Washington Adventist University in Takoma Park, Md., was elected associate director. The couple replace retirees Ron and Karen Flowers.

GET MORE – For news and photos, visit news.adventist.org; for official transcripts of actions and proceedings, visit adventistreview.org; to order DVDs of sermons and programs, call Hope Channel at (888) 446-7388; and to hear our *AudioVisitor* podcast visit columbiaunion.org/podcasts.

PHOTOS BY BRYANT TAYLOR AND PAUL SPRADLEY

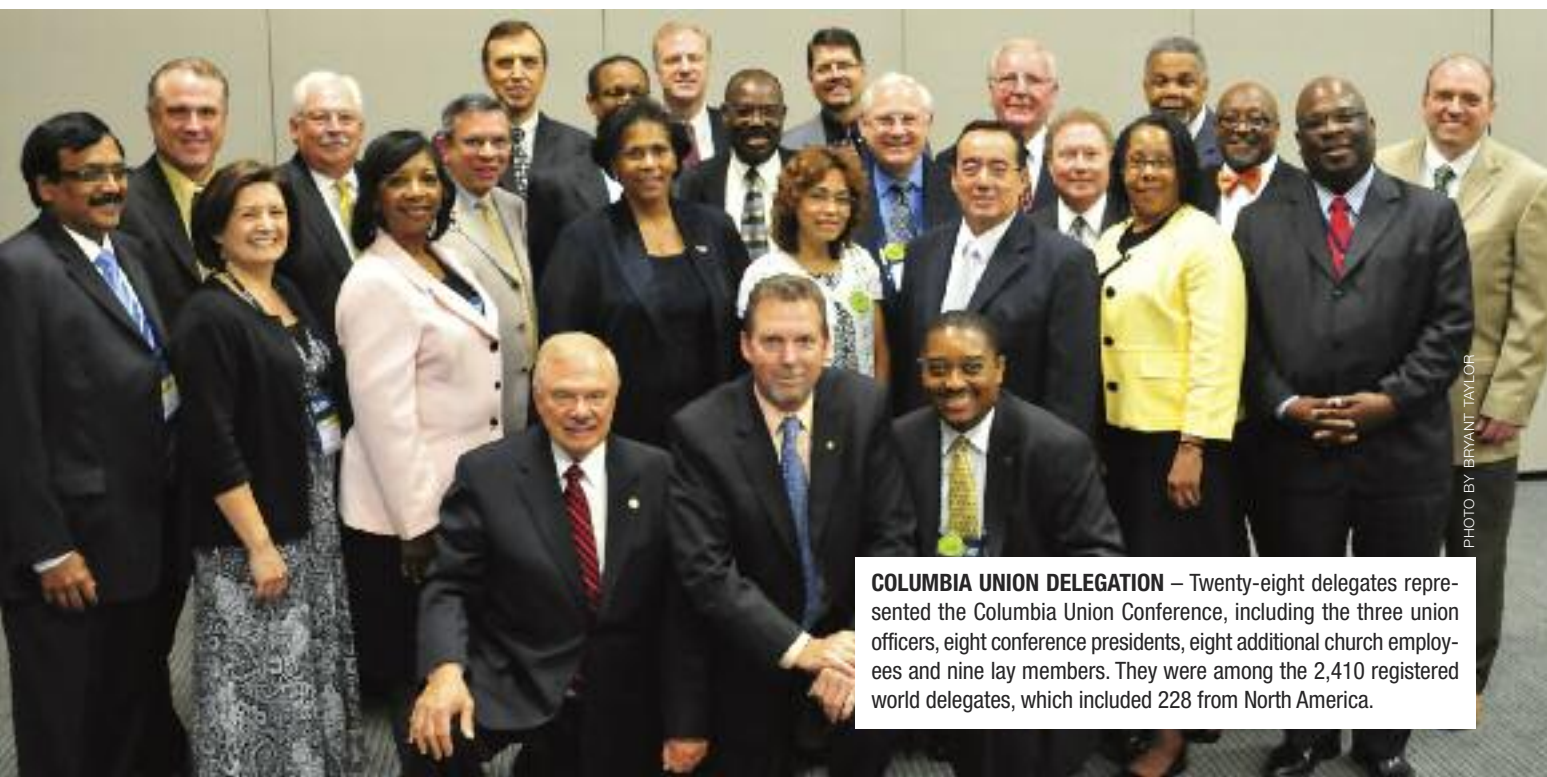


PHOTO BY BRYANT TAYLOR

COLUMBIA UNION DELEGATION – Twenty-eight delegates represented the Columbia Union Conference, including the three union officers, eight conference presidents, eight additional church employees and nine lay members. They were among the 2,410 registered world delegates, which included 228 from North America.

CAN RENOVATION IMPROVE EDUCATION?

POTOMAC CONFERENCE SAYS IT CAN

THEY DEMONSTRATE IT THROUGH RECENT RESTORATION PROJECTS AT TAKOMA ACADEMY IN TAKOMA PARK, MD.

At more than 100 years old, it is no surprise that Takoma Academy (TA) has been due for some renovations and upgrades. But no one was more surprised about the benefits of securing a loan with the Columbia Union Revolving Fund (CURF) to make those upgrades than TA administrators. The surprise? A significant personal gift to match the CURF loan!

Together, the CURF loan and gift have helped the academy replace its entire HVAC system, re-roof and refurbish sections of the gymnasium and add new flooring and/or paint in other sections of the school. Most importantly, the upgrades will make school days more productive and enjoyable for everyone inside.

For more than 40 years, CURF has provided cost-effective financing to churches, schools, conferences and other entities across the Columbia Union. CURF makes ministry possible.

You can support the ministry of CURF. Call today!



MAKING MINISTRY POSSIBLE

COLUMBIA UNION
REVOLVING FUND
(866) 721-CURF

Do you know the name of the Seventh-day Adventist organization that provides evangelistic material to more than 1 billion people around the world, and is responsible for more than 2 million baptisms since 1995? It's Hope Channel, the Adventist Church's official satellite network.

Your initial encounter with Hope Channel (hopetv.org) may unknowingly have been during *NET 95*, the first satellite evangelism effort broadcast in North America, which featured Pastor Mark Finley. From that auspicious beginning, Hope Channel (then the Adventist Global Communication Network) blossomed into what it is now a 10-channel network that broadcasts more than 367,920 hours annually and is available in nearly two-dozen languages.

In North America, programming is available through three channels—Hope Channel, Hope Church Channel and Esperanza TV (Spanish). All three provide

a unique mix of inspirational and educational programming, such as Bible teaching, health, cooking, music, family life, culture, travel, history and documentaries. This summer Hope Channel broadcasted nearly six hours of live coverage each day from the General Conference Session in Atlanta through Hope Church.

A Channel for Hope



New Studios, More Shows Enhance Adventist-run Satellite Network

Benjamin J. Baker

A GRAND VISION

According to marketing director Scott Steward, about 75 percent of the programming is unique and provides family-friendly, evangelistic content to enable anyone anywhere to hear and see the Adventist message. Their vision, he said, is to become the premier Christian lifestyle channel for the world.

If that sounds super ambitious, that's because it is! However, since moving into a new studio this past April,

Hope Channel is better poised to reach its impressive goals. The modern, three-story facility is located inside the newly erected east wing of the Adventist

World Headquarters in Silver Spring, Md. The studio's spacious 28,000 square feet include state-of-the-art equipment, which Hope Channel will use to create live programming.

HOPE BELONGS TO YOU

Brad Thorp, Hope Channel president, welcomes anyone who wants to get involved and help the network meet its goals. "We welcome Columbia Union participants," he says. "We need your help. Whatever your spiritual gifts are, Hope can use them."

As a matter of fact, Thorp says the Hope Channel is a product of the Columbia Union Conference. "It is headquartered here, and its staff and television cast are members of Columbia Union churches. Hope belongs to you!" he adds.

One popular show conceived and hosted by a Columbia Union member is the innovative children's program *Parker's Puzzle*, which airs Sundays at 6 p.m. The show features Richie Silié (right), a teacher at Spencerville Adventist Academy in Silver Spring, Md., who has interacted on the show with more than 70 kids from Columbia Union schools. The kids star in segments about exercise, cooking, Bible study and prayer.

"I love the fact that so many children—of all different ages and races and personalities—from the Columbia Union are used on *Parker's Puzzle*," comments Silié. "We are all a part of God's puzzle."

Another program that frequently features Columbia Union members is *World of Hope*. During this live, weekly news show, hosts interview people involved in creative ministries as diverse as sports, art and community service. For example, Tom Hughes, pastor of Ohio Conference's Newark and Zanesville churches, was recently interviewed about his outreach to bikers.

GET HOPE

If you don't already get Hope Channel, you could join the current 18.5 million U.S. subscribers who can watch through DIRECTV (Channel 368)—that's about one out of six homes in the Columbia Union.

"Every Adventist home should have Hope," states Steward. "Wait, let me restate that: *Every home* should have it. Having Hope Channel is like having a full-time pastor, evangelist, Bible teacher, vegetarian cooking instructor, health educator and sacred music performer in the home all day, every day."

Benjamin J. Baker writes from Kensington, Md.



PHOTO BY KELLY BUTLER COE

Get Involved—7 Ways to Spread Hope

- 1. Share program ideas.** Send ideas to WorldofHope@HopeTV.org.
- 2. Join the staff.** Hope looks for organized, creative and trainable people, and currently seeks a marketing director.
- 3. Volunteer.** Volunteers can assist with everything from studio technology and graphics to mailing and office duties.
- 4. Make an appearance.** Hope Channel has featured many Columbia Union members. Contact them if you have expertise, skill or talent that could enhance a show.
- 5. Participate in Project Hope.** This production-intensive initiative attempts to produce as many as 150 shows in a single month. Columbia Union members of Indian, Chinese or Middle Eastern origin are particularly needed to help with programs targeting these areas.
- 6. Start broadcasting.** Certain equipment set up in your church or home could provide Hope television to people in your area.
- 7. Go on a community blitz.** Hope Channel can provide you or your church with door hangers to share in your community—an easy but effective way to spread the good news.



Hope Channel Leadership: Brad Thorp, president; Kandus Thorp, vice president; Gary Gibbs, vice president

PHOTO BY BRYANT TAYLOR



Sherry English

History Detectives

TWO MEMBERS SHARE HOW THEY UNCOVER AND PRESERVE HISTORY

Bert Haloviak *Archiving Church History*

The 1 million pages available online and the mile-long shelving used to house archived materials tell the story of the Seventh-day Adventist Church—from its beginning with the Millerite movement to today. Bert Haloviak, director for the Office of Archives and Statistics at the church world headquarters in Silver Spring, Md., and his team meticulously catalogue and monitor

denominational minutes, reports, correspondence, photos, videos, instruments and more.

“Preserving records is important for knowing how the church operates,” explains Haloviak, a member of Chesapeake Conference’s nearby Spencerville church. “You can read archived materials, learn about the issues of the day and see how they were resolved.”

DOING WHAT HE LOVES

Haloviak traveled a circuitous route to his current position. He went to school to learn the printing trade but left to work at an evangelistic center. After a stint in the military, he moved to Maryland and worked as a printer for several newspapers. It was then that Haloviak decided to finish school.

While still studying, he became intrigued about a job opportunity. Don Yost, then newly appointed director of Archives and Statistics, needed someone to “do some writing for him and put everything in order,” Haloviak recalls. “My background fit, and I got my foot in the door.”

Thirty-five years later, Haloviak is still at work. “This job allows me to do what I love—research,” he says. He also prepares numerous statistical reports and presentations for meetings, such as the General Conference Session.

DISCOVERING THE PAST

The archives are full of interesting things to be discovered. “A source told us that in 1889 an Ottawa, Kan., newspaper gave a very detailed account of that year’s camp meeting, including 30-35 full reports and Ellen White’s sermons on justification by faith,” Haloviak recounts. “This was confirmed through microfilm. We were surprised to find transcribed and printed sermons in the local newspaper!”

He also researched the 1919 Bible Conference, where administrators and educators discussed Ellen White (who died in 1915) and the theological basis for Adventists. “This was a major episode in Adventist history,” he relays. “It raised several questions on how the church should understand Mrs. White.”

With millions of records available, Haloviak notes that the biggest innovation has been the ability to provide worldwide access to church archives. “With today’s technology, we can provide information faster,” he states. “And we hope to provide cost-efficient ways to capture electronic records, which will be very useful.”

Richard Blondo *Unearthing America’s Story*

Records really tell stories, and they are here to be discovered,” expresses Richard Blondo, management program analyst at the National Archives and Records Administration (NARA). With access to more than 10 billion (and growing) documents, Blondo and his colleagues can be likened to “history detectives,” seeking obscure bits of information that tell the story of a family, an event or a nation.

NARA, a government agency, is considered America’s record keeper. Through it, materials related to the United States are preserved, including letters, photos, video and audio recordings, drawings, maps, treaties and posters. Indeed, information on every citizen can be found there, making it a useful resource for “filling in the blanks” of family history.

A PERFECT MATCH

“I’ve always had an interest in library science,” says Blondo, also a member of the Spencerville church. Originally an educator, he taught Bible for many years, but “downsizing” cost him his position. He went back to school and graduated with dual degrees in history and library science from the University of Maryland.

“When I did an internship at the Maryland State Archives, I knew this field was the perfect match for my interest,” he recalls. Later he took a job at NARA, moving up the ranks to his current position. Today Blondo’s main responsibility is ensuring that federal records storage facilities meet appropriate standards for storage.

HISTORICAL SURPRISES

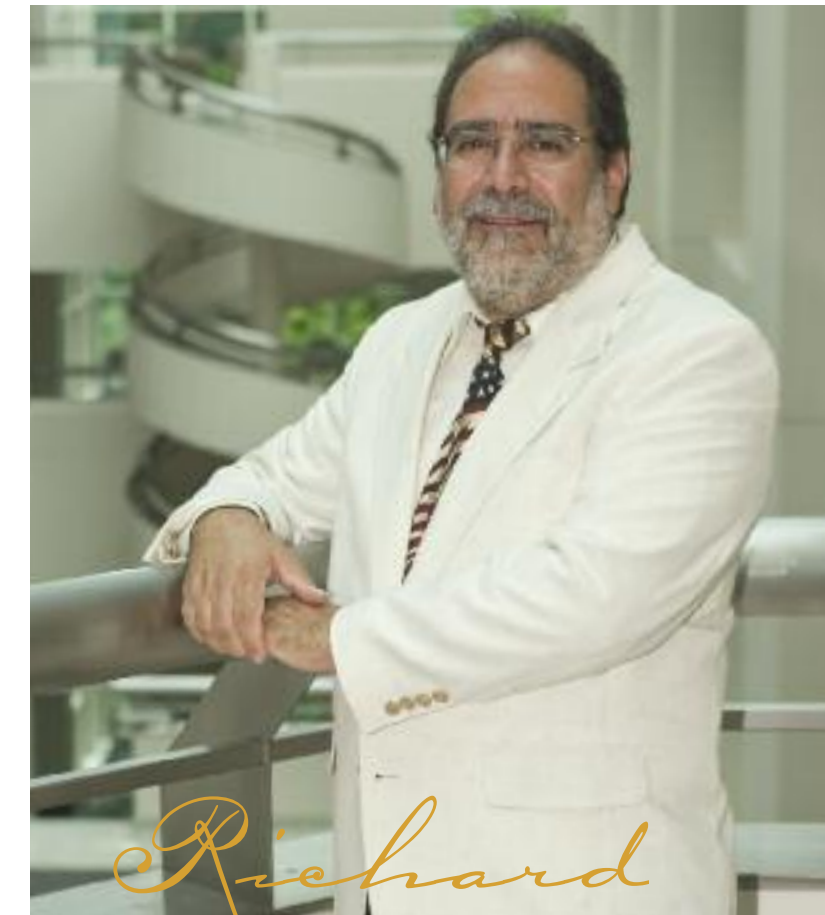
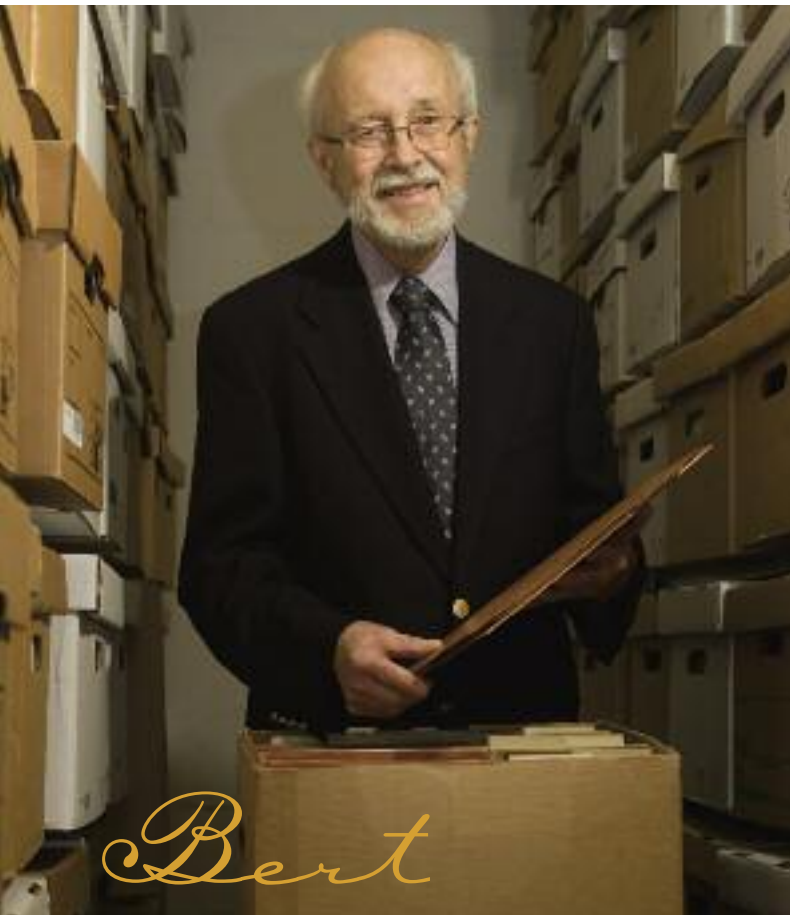
Surprisingly, only “3 percent of records that come through the doors are permanently kept,” informs Blondo, a 28-year NARA employee. But what’s kept is important, because “it is critical information for an open government and democratic society,” he adds. “Records protect individuals and hold the government accountable for [its] actions.”

NARA houses many fascinating items, such as objects from President John F. Kennedy’s assassination. “People would be surprised to learn that we have archived the president’s shirt and tie, Mrs. Kennedy’s pink outfit, the windshield from the limousine and the rifle,” Blondo divulges.

“There’s also a book on *Toilets of the World*,” he laughs. “The scope is worldwide.”

Blondo also discovered an Adventist prominently highlighted at NARA. “Desmond Doss’ war service is featured in an exhibit honoring 10 individuals who received Medals of Honor. Now that was an exciting find!”

Sherry Y. English is a communication professional living in Cincinnati.



PHOTOS BY AL PEASLEY

From the Archives

For 115 years, members in the Columbia Union have relied on the *Visitor* to chronicle the work of the Seventh-day Adventist Church in the mid-Atlantic United States. From fires to festivals, outreach efforts to openings, benefits to baptisms—we've recorded it all. Here's a look at some news from yesteryear.*

Compiled by Beth Michaels and Sandra Jones

1 Fire at Mount Vernon Academy

A fire, which completely destroyed the Printing Department, Laundry, and Power House of the Mount Vernon Academy [Mount Vernon, Ohio], broke out early Sabbath morning, March 20. ... The young men of the academy and the neighborhood who came in to help worked heroically to save the other buildings.—March 25, 1926

2 "College Day" at W.M.C.

April 18-20 will be [the first] College Day at Washington Missionary College [now Washington Adventist University, Takoma Park, Md.]. ... It is a day set apart here at the college for the entertainment of seniors of the academies in the Columbia Union who will be prospective students.—April 8, 1937

3 Cooperative Evangelism Program

Four pastors in the large metropolitan area of Baltimore in the Chesapeake Conference this fall decided to band together as a team and hold Sunday-night meetings in the new Baltimore First Church [now in Ellicott City, Md.] auditorium. They decided to not issue any advertising of any kind, but that they would leave it up to lay members in their churches to bring their friends, neighbors and relatives.—January 6, 1955

Division Scheduled for Allegheny Conference

Effective December 31, the Allegheny Conference will cease to exist. However, it will continue its vigorous life in the form of two new conferences, which have just been organized. Delegates have selected "Allegheny West" and "Allegheny East" as the official names for the two new conferences.—December 15, 1966

4 Elementary Music Festival

Students and teachers from 11 church schools joined in the fifth annual elementary music festival held April 4 at the Clarksburg (W.Va.) church.—June 1, 1992

The Highland Adventist School bell choir from Elkins, W.Va., with teacher Cheryl Jacko (right), rang joyful praise at the recent elementary music festival.

Cherry Hill Ordains First Woman Elder

The Adventist church in Cherry Hill [N.J.] made history by electing and ordaining its first female elder. Mary Lewis, who is known to her friends as "Queen Mary," was ordained on August 29.—February 15, 1999

5 Pennsylvania Clothes Vietnamese Refugees

"Would it be possible for your church to provide emergency clothing for 3,500 Vietnamese refugees? We have just two and one-half days to get ready. ..." The American Red Cross official was speaking to Dale C. Aalborg, lay activities director for the Pennsylvania Conference. The refugees, he said, would be flown directly to Indian Town Gap Military Reservation, near Harrisburg, Pa.—December 4, 1975

6 Do You Care?

How much do you care for the soldier, for the man who lays aside his books, his tools and his civilian concerns to respond to the call of his country? ... On May 14 we are taking an offering in all the churches to send church literature to them to distribute.—May 5, 1966

Stationed at Fort Dietrich, Md., these Adventist volunteers (right) take part in medical research projects.

7 The Dream Comes True ■ Frank and Dolly DeHaan came to Gaithersburg, Md., to work for Dr. Henry Hadley. DeHaan, with a degree in agriculture, managed the 700-acre farm, turning a struggling operation into a first-class enterprise. ... The DeHaan's entrepreneurial ventures in real estate bring endowments of nearly \$4 million to the Seventh-day Adventist Church through the sale of the Hadley Farms property. ... In May of 1985, the checks began to arrive at [Chesapeake Conference] headquarters—just the beginning of millions of dollars to benefit evangelism, Highland View Academy [Hagerstown, Md.], the Chesapeake youth camp and other conference projects.—February 1, 1987

8 Negro Department: J.H. Wagner, Secretary ■ In 1936 the number of [black] believers in the Columbia Union was 2,742. In 1941 the number was 3,414. This figure represents a gain of 672 in five years.—March 19, 1942

9 Radio Outreach Builds Washington Adventist Hospital Image ■ *Here's to Your Health*, an hour-long interview program hosted by [Washington Adventist Hospital (WAH), Takoma Park, Md.] community

relations director Geri Fuller-Col on Thursdays at 10 a.m., utilizes the discussion and listener-call-in program format ... of WGTS-FM, Columbia Union College's [now Washington Adventist University] radio station.—August 20, 1981

*All excerpts are unedited, original text.



Profiles in Caring

Finding a Role on the Team

We had been working this year on renovating a little-used space into a functional room-when I say “we,” I really mean my wife has been quite busy, fulfilling our vision for what this space can become.

I’ve been involved in the process, providing input, sharing in the decision-making, affirming the choices, becoming more involved as time permitted and as she deemed useful. But my involvement took a giant step forward a few weeks ago when it was determined that there was some painting that needed to be done, and I was Just The Person For The Job.

A small but inescapable line in my personal bio is that I am not much of a painter. Each spring when Adventist HealthCare participates in “Rebuilding Together,” I am one of the first people to sign up to be a part of the team that takes on a refurbishing project for someone in need within our community. It’s one of my favorite weekends of the year, and I look forward to it.

But they won’t let me paint. The organizers seem to trust me with a hammer, a shovel or a rake but not so much with a paintbrush. They arrived at this conclusion fairly quickly, and I can’t say I disagree with their assessment of my painting skills, although I’m willing to work hard and learn. But they still do not hand me a paintbrush or roller.

Nonetheless, when it looked as if I was going to have a weekend by myself while my wife was out of town visiting some family, the subject of painting the new room presented itself, and I agreed to take on the role of Just The Person For The Job.

I worked hard on this project: taping, scraping, prepping-and eventually painting. The room has several windows that required painting of the trim (too many windows and too much trim, in my estimation), a closet with doors and trim to be painted, and the door into the room, which required special attention. There was some new drywall that had never been painted, and some older drywall that I discovered needed some patching before being painted.

By Sunday evening, I had marshaled through most of it, even though I had a few setbacks along the way. I was feeling pretty good about it, having repaired the places where I’d removed the masking tape and taken off part of the drywall with it, and having re-primed and repainted the new surfaces that were porous and had to be sealed. I cleaned up the equipment, took down the ladder, and waited for an assessment.

Over the course of the hours working on that room, my understanding of my own limited skills and appreciation for people who are really good at painting and remodeling had both been heightened. I liked being included in the process, liked being challenged to do something that would sharpen my skills, but I realized anew that my limited aptitude in this area is always going to be a factor in my effectiveness. It was not difficult to start thinking of ways in which this applies to other aspects of life.

When my wife returned home and surveyed my work, she was quick to affirm how much time had gone into my efforts. She noted the number of windows and the miles of masking tape that had been used. But then there was the matter of a light switch the electrician had installed and the wall damage he had inflicted.

Evidently, when the new drywall went up, the contractor had failed to cut a hole for a switch box that needed to be reinstalled. This issue eventually led to a discussion that brought focus to the things that still needed to be addressed to get the room renovation up to the way we had imagined it. Given my skill challenges it was clear to me that I was no longer Just The Person For The Job.

My brother, on the other hand, is brilliant at this stuff. When it comes to home remodeling, he has the talents that I lack. He has used them sufficiently to develop real skills and real expertise. And, he was willing to lend a hand.

Which led us – collectively -- to the second weekend of painting the new room. The matter of the holes related to the missing light switch was summarily addressed. The patching I had done was revisited. In one or two places where the taping and sanding had been just average, we were able to get a more acceptable result. Over the course of the second weekend, we became Just The Right Team For The Job, and I am proud of the result.

It is challenging to get the roles worked out on a team, but it is absolutely essential if the goal is excellent rather than average (or subpar) results.

When we recognize and appreciate the different roles that we each fill-and resist the notion that they are interchangeable-we get to our goals more quickly.

Throughout this process of understanding, clarifying, and appreciating different roles, we reduce the likelihood of underestimating the importance of the roles outside of our own. It may be difficult to work through the list of criteria for who really is Just The Person For The Job, but it is much less difficult than addressing the result of what happens when that process isn’t followed.

The room is close to finished now, and I am very happy to be a part of the team that in the end will achieve the excellent result we had hoped and planned for.

William G. “Bill”
Robertson
President & CEO
Adventist HealthCare



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Adventist HealthCare Health Ministry Program Plants Seed for El Rosario Clinic in Honduras

Partners with Damascus Catholic Church to Answer Call for Health Services to Parish and Beyond

by Susan Heitmuller

In 1998, Hurricane Mitch wreaked havoc on Honduras, images of destruction broadcast to millions through news outlets on radio and television. Thousands of lives were lost and tens of thousands of people were left homeless as massive rainfall from Mitch devastated entire villages with flooding and mudslides.

As with numerous large-scale global disasters, organizations responded with donations of money and needed supplies. But as media coverage faded away, so did assistance for this faraway land. These communities, usually poor to begin with, continue to struggle for years to recover from catastrophic weather events.

Thankfully, there are people who feel called to help long after the stories fade from the headlines. One such group is the members of St. Paul's Catholic Church in Damascus, Maryland, where a group of volunteers decided to work closely with a Honduran community called El Rosario and try to meet its medical and nutritional needs.

This story began in 1996, when St. Paul's began a health ministry with the assistance and support of Adventist HealthCare. The health ministry team consisted of nurses, other health professionals and lay persons interested in health. Several of the nurses also worked for Shady Grove Adventist Hospital and activities such as blood pressure

checks, health fairs, and flu clinics were planned for parishioners.

The team's interest in the health of its parish and community expanded and soon turned its attention to others in the world. In 1999, the first group of volunteers set out for Honduras to build the St. Paul's Clinic in El Rosario. The group included Shirley Case, RN, an employee in the Emergency Department at Shady Grove Adventist Hospital.

The first year it opened, the clinic provided medical care to almost 12,000 patients. These numbers have only grown over the years. Every three months, a health fair is held for the local school children to ensure proper health and hygiene. There is also now a dental clinic that operates daily.

The teams, coordinated by Sherrie Wade, Social Concerns staff member from St. Paul's, have traveled to the clinic every year since 1999, with the exception of 2009 when the political unrest made it impossible for the team to travel. As enthusiasm for the

clinic grows, so does the team. What began as one congregation's mission has grown into a multi-faith, multi-disciplined team that travels and works together. Those who are parishioners of St. Paul's as well as employees of Shady Grove Adventist shared their experiences with fellow staff and physicians and now many of the physicians of the Emergency Department at the hospital take a week of their own vacation time to work at the clinic.

Dr. Nicole Vetere, from the Shady Grove Adventist Emergency Department, brought her father, Dr. Patrick Vetere, who is a physician in New York, on one trip.

"To say that the week we spent working in Honduras was the high point in my thirty-year medical career would be a gross understatement," Dr. Patrick Vetere wrote, reflecting on his experience. "In addition to the great professional satisfaction that I was fortunate to receive working with the mission, it was also a source of great personal satisfaction for me. I count myself lucky to

have had an opportunity to work side-by-side with my daughter Nicole in such a worthy cause."

Hindy Bogner-Orenstein, BSN, RN, the wife of Shady Grove Adventist Emergency Physician, Dr. Julian Orenstein, also traveled with the group.

"The entire staff [of El Rosario Clinic] tries to create something from nothing. They do this with smiles on their faces and love in their hearts," Bogner-Orenstein wrote. "I went to Honduras hoping to make a small difference in the lives of a few. Instead I received the gift of reflection, feeling hope, blessing and love."

St. Paul's and Adventist HealthCare's Health Ministry Team continue to work together to bring health and wholeness to the community. The people of El Rosario do not forget the people who came to their rescue and thank God every night for St. Paul's and the generous people throughout the United States who came to their aid.

For more information about St. Paul's Clinic in Honduras, call 301-253-4816.

To learn more about Adventist HealthCare's Health Ministry Program, visit www.adventisthealthcare.com and enter "health ministry" in the search engine.



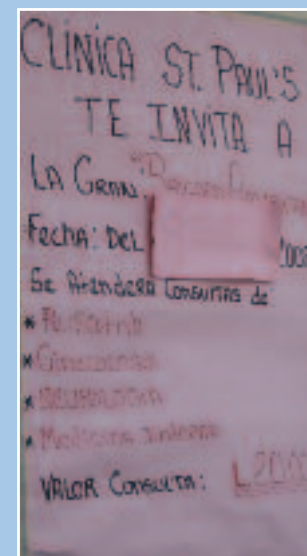
The clinic cares for area school children, the elderly and people who travel on foot from miles away because they know they will receive care.



About 5,000 families are registered at the clinic, not including the children brought from area schools or the dental patients.



Long lines stretch around the courtyard of the clinic as people wait patiently to be treated.

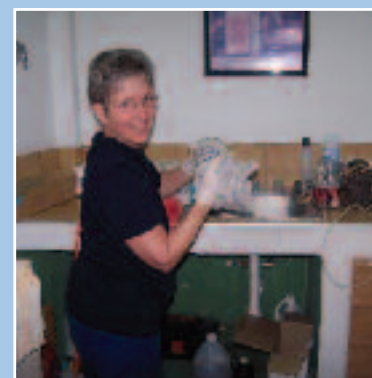


A hand-lettered sign in Spanish displays clinic hours and fees.



Above: The communities of El Rosario have slowly rebuilt from the devastation caused by Hurricane Mitch in 1998.

Above right: Shirley Case, a nurse in the Emergency Department at Shady Grove Adventist Hospital, cleans the dental office in the St. Paul's Clinic in Honduras.



Right: Nurse Hindy Bogner-Orenstein with one of the children who receives care at the clinic.

El Programa del Sacerdocio para la Salud de Adventist HealthCare Siembra la Semilla para la Clínica El Rosario en Honduras

Se Alía con Iglesia Católica de Damascus para Responder al Llamado de Servicios de Salud y Más

por Susan Heitmuller

En 1998, el Huracán Mitch devastó Honduras, y millones de personas presenciaron las imágenes de destrucción transmitidas por los canales de televisión y radio. Se perdieron miles de vidas, y decenas de miles más perdieron sus hogares como consecuencia de las torrenciales tormentas que desató Mitch, arrasando villas completas con sus inundaciones y deslizamientos de lodo.

Al igual que con numerosos desastres mundiales de grandes proporciones, muchas organizaciones respondieron con donaciones de dinero y materiales necesarios. Pero a medida que se fue disipando la cobertura de la prensa, también se disipó la ayuda para esta tierra lejana. Estas comunidades, que para comenzar generalmente son pobres, siguen luchando año tras año para recuperarse de estos catastróficos eventos atmosféricos.

Afortunadamente, hay gente que se siente llamada a ayudar aun después de cesar los titulares de la prensa. Uno de esos grupos está representado por los miembros de la Iglesia Católica de San Pablo en Damascus, Maryland, donde varios voluntarios decidieron trabajar estrechamente con una comunidad hondureña llamada El Rosario para tratar de atender sus necesidades médicas y alimentarias.

Esta historia comenzó en 1996, cuando San Pablo inició un sacerdocio de salud con la ayuda y apoyo de Adventist HealthCare. El equipo de este sacerdocio de salud está integrado por enfermeras, profesionales de salud y personas laicas interesadas en la salud. Varias de esas enfermeras también trabajaron para el Hospital Adventista de Shady Grove planeando actividades como la toma de presión arterial, ferias de salud y clínicas de inmunización contra la gripe para los feligreses.

El interés del equipo en la salud de su parroquia y comunidad fue ampliándose y pronto centró su atención en otras partes del mundo. En 1999, el primer grupo de voluntarios partió para Honduras para construir la Clínica de San Pablo en El Rosario. En el grupo iba Shirley Case, enfermera certificada, empleada del Departamento de Emergencias del Hospital Adventista de Shady Grove.

El primer año que se inauguró, la clínica proporcionó atención médica a casi 12,000 pacientes. Estas cifras no han hecho más que aumentar con los años. Cada tres meses se celebra una feria de salud para los niños de la escuela local, con objeto de asegurar su buena salud e higiene. Ahora también hay una clínica dental que atiende todos los días.

Este equipo, coordinado por Sherrie Wade, empleada de Social Concerns de San Pablo, ha viajado a la clínica cada año desde 1999, con excepción de 2009, cuando los disturbios políticos le impidieron ir. A medida que aumenta el entusiasmo por la clínica, también así aumenta el equipo. Lo que comenzó como misión de una congregación, se ha convertido en un equipo de múltiples religiones y disciplinas que viajan y trabajan juntas. Los que son feligreses de San Pablo y empleados del Hospital Adventista de Shady Grove compartieron sus experiencias con sus compañeros de trabajo y médicos y ahora muchos de los doctores del Departamento de Emergencias del hospital se toman una semana de sus vacaciones para trabajar en la clínica.

En uno de sus viajes, la Dra. Nicole Vetere, del Departamento de Emergencias del Hospital Adventista de Shady Grove trajo con ella a su padre, el Dr. Patrick Vetere, que es un médico en Nueva York.

“Decir que la semana que pasamos trabajando en Honduras fue el punto culminante en los treinta años de mi carrera médica, sería una descripción sumamente comedida”, escribió el Dr. Patrick Vetere sobre su experiencia. “Además de la gran satisfacción profesional que tuve por trabajar con la misión, también fue una fuente de gran satisfacción personal para mí.”

Los Equipos del Sacerdocio de Salud de San Pablo y Adventist HealthCare continúan trabajando unidos para llevar salud y bienestar a la comunidad. El pueblo de El Rosario no olvida a quienes vinieron a su rescate y dan gracias a Dios todas las noches por San Pablo y el generoso pueblo de los Estados Unidos que vino a ayudarle.

Para más información sobre la Clínica de San Pablo en Honduras, llame al 301-253-4816.

Para saber más sobre el Programa del Sacerdocio de Salud de Adventist HealthCare, visite www.adventisthealthcare.com y escriba “health ministry” en el motor de búsqueda.



1801 Research Blvd. Suite 400
Rockville, MD 20850
301-315-3030

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ALLEGHENY EAST

AUGUST 2010

Exposé

Church of the Oranges Provides College Scholarships

They are not members of the Church of the Oranges nor do they attend Seventh-day Adventist schools. However, five students and their parents were recently recognized during the church's divine service. The guests were five exceptional high school graduates who won an essay contest sponsored by the church's Community Family Enrichment Service Center. The church started the scholarship program three years ago with the help of member Wayne Greaves, MD, to further educational development in their Orange, N.J., community.

During the Sabbath service, members affirmed the graduates and presented them with a \$500 scholarship toward their college education. In his sermon titled "Growth in the Knowledge of God," senior pastor D. Robert Kennedy, EdD, PhD, (pictured with Khemani Gibson) challenged all who seek an education to make God first in everything.

This is just one of the community outreach programs that the church is involved in, Kennedy shares. He notes that his members engage in programs like these to help build the life of individuals. "By affirming our neighbors, we show them that the church is not just a satellite but a place that can serve as a source of educational and social development," he says. "We really hope that we can bless these individuals."

Kennedy recalls one student from last year who was so touched by the scholarship that he cried on the pulpit. He said it was the first time that he had ever been publicly recognized. He returned for visits during breaks from college.



PHOTO BY ANDREW GILPIN

Miracle Temple Exhibits at Baltimore Health Expo

Miracle Temple members take pride in doing things a bit differently. While participating in the recent Baltimore Health Expo, they focused on the benefits of eating well and exercising by using the fruits of the Spirit. They placed baskets of fruit at their tables, each correlating to a desirable character trait listed in Galations 5:22-23: strawberries representing love; oranges, joy; watermelons,

peace; grapes, kindness; and pears, patience.

Melinda Livingston, a member of the New Psalmist church, and Gael Murray, a Miracle Temple member who also manned the booth, overheard visitors commenting, "I need some patience, I need more love and kindness," as they picked up the handmade fruit. The team helped visitors learn the difference between their chronological age and health age, and also offered balloons to children.

Some came to the booth because they had viewed the church's televised worship services on the local channel (miracletemple.net) and wanted to know more about the church. Others testified to promising God that they would start attending church if only they could find Miracle Temple's location.

"I've participated in a lot of health expos, and I've never seen a church at any of the booths," said Louvenia Anderson (right), a Miracle Temple member and conference health network coordinator for the Baltimore area. "This was the most exciting, invigorating, God-ordained health expo I've ever participated in."



Miracle Temple, the only church at the Baltimore Health Expo, shared a decidedly biblical viewpoint on health.

PINE FORGE ACADEMY NEWS

Former Math Chair Appointed Principal

Delmas F. Campbell, MEd, former Math Department chair, was recently appointed principal of Pine Forge Academy (PFA) in Pine Forge, Pa. He returns to PFA from Seventh-day Adventist-owned Bermuda Institute (BI) in Southampton, Bermuda, where he has been a



department chair and math instructor since 2008. Prior to his employment at BI, Campbell spent 11 years at PFA in the Math Department as an instructor and chair. He has professional certification in Secondary Education and is a four-

year recipient of Who's Who Among America's Teachers. Campbell's duties were not limited to the classroom at PFA—he also served as chair of the National Honor Society and a sponsor for the Student Government Association. In addition he developed the syllabus for the Advanced Placement statistics course.

Campbell is clear on his vision for PFA and its students: "The education of students must, of necessity, involve the partnership of the teacher, the student, and the parents," he says. "Commitment on the part of these three entities is critical to the successful completion of the final product: a well-rounded student whose academic, social and spiritual development prepares them for the God-ordained role for which they were created. My prayer and goal is to build upon the lasting foundation of Pine Forge Academy and to propel this prestigious institution to an even higher level of distinction."

Charles Cheatham, president of the Allegheny East Conference and chair of the PFA Board of Trustees is pleased with Campbell's appointment: "The Board lends its full support to Principal Campbell. We are confident that, under his leadership, Pine Forge Academy's legacy of excellence will flourish."

News of Campbell's appointment brought excitement on Facebook from his former students. C. Spencer Anderson ('00) wrote, "He's always been a forward thinker. I like it, and he's passionate." Kristen Danielle ('05) wrote, "I love this idea."

Campbell's transition from Bermuda Institute to Pine Forge Academy will be immediate. Student registration begins on Sunday, August 15. Student orientation begins Monday, August 16 followed by the first day of classes on Wednesday, August 18.

Campbell replaces Cynthia Poole-Gibson ('63) who now serves as assistant superintendent of Education for Allegheny East Conference.—*Debra Anderson*

47 Graduate in Class of 2010

Pine Forge Academy graduated 47 students this year. Their commencement speaker was Gina S. Brown, PhD, dean of the School of Health Professions, Science, and Wellness at Washington Adventist University in Takoma Park, Md. She admonished the students to remember their parents and heritage and to plan a future in which their ultimate goal is heaven.



Choir Sings at GC Session

Students of Pine Forge Academy raised their voices in praise to God in front of thousands of fellow Seventh-day Adventists at the 59th General Conference Session in Atlanta. The students sang during morning worship and at the Adventist Mission stage in the exhibit hall.



Members Inspired by Two Camp Meetings

This year members from all around Allegheny West Conference attended one-day camp meetings in Roanoke, Va., and at the conference's camp grounds in Thornville, Ohio. Attendees enjoyed preaching, music, prayer and fellowship, and, at the Ohio camp meeting, multicultural programming. The meetings highlighted individual and group ministries allowing attendees to leave with a clear sense of God's direction for their lives. The photos below and on the next page show the joy of God's people fellowshiping together.



Carlton Byrd, DMin, pastor of the Berean church in Atlanta, was the main speaker for the Roanoke, Va., camp meeting.



Paulo DaSilva, pastor of the Cincinnati Hispanic church, baptizes Otoniel Hernandez Robledo.



A'Men, a Texas-based quartet, ministers through music at the Virginia camp meeting.



Several members fellowship together at the Allegheny West Conference camp grounds in Thornville, Ohio.



Pastor Walter Castro, director of the conference's Multicultural Ministries department, speaks at the multicultural camp meeting.

Members Called to "GLOW"



Ernst Nelson encourages members to get involved in Giving Light to Our Word (GLOW), a ministry in which members focus on distributing church literature.



Juan Antonio Tejada, from Dominican Republic, sings to God's glory.



E. Dean Peeler, DMin, director of Church Growth and Discipleship for the Southeastern California Conference, was the main speaker at the Ohio camp meeting.

PHOTOS BY DEBBIE YNIRIO AND BRYANT TAYLOR



Fredrick Russell, Allegheny West Conference president, and his wife, Brenda, present offerings for evangelism.



Lolo Harris, from the West End church in Atlanta, was a musical guest for both camp meetings.



Musician Chris Picco, from the Loma Linda (Calif.) University church, ministers at the Ohio camp meeting.



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THE CHALLENGE

chesapeake conference newsletter

AUGUST 2010

Do You Want to be Healed?

When Jesus showed up at the pool of Bethesda (see John 5), He asked a crippled man, who had suffered for 38 years, if he wanted to be healed. Instead of simply saying, "Yes, I do!" the man began to complain about his sad situation. Little did he realize that he was in the presence of the very One who could change it.

The man, unfortunately, was *judging the present by the past*. Nothing paralyzes our lives like the attitude that things can never change. We need to remind ourselves that God *can* change things! God can forgive and restore lives that seem to be utter failures. God can send revival to a church that everybody thinks is dead. God can move into any difficult situation and turn it from failure to success. God makes the difference. For us to judge the present by the past is to limit God.

The man was also *focusing on the problems and not the possibilities*. Jesus did not ask the man what his problems were, but what his desires were—"Do you want to be healed?" Some people see the possibilities in their problems while others see the problems in their possibilities. When God comes into the picture, even our greatest problems can have great potential for blessing.

Many of us have situations we would like to see changed. Perhaps we, too, have been locked into the past and forgotten that God can bring change for the future. Or, we have been so wrapped up in the problems that we have not been able to see the possibilities. What if God came near and asked if we wanted the situation to be made whole? Would we respond with a complaint or an excuse and miss the miracle? Or, would we respond with faith and let God begin to work His own special miracles on our behalf?



Rob Vandeman
President

Annual Pathfinder Fair Showcases Skills

Eighteen clubs participated in a recent conference-wide Pathfinder fair held at the Atholton church in Columbia, Md. It gave kids an opportunity to demonstrate the first aid and basic rescue skills they spent months perfecting. Relay activities, club booths, a local county's fire and rescue exhibit, a prayer tent, drum corps and drill demonstrations, lots of food and an awards ceremony rounded out the day.



Members of the Pikesville (Md.) Tigers club fashion a splint as part of a relay.



Carl Rodriguez, conference Youth Ministries director, congratulates Rebecca Seek, the 2010 Pathfinder of the Year. Seek is a member of the Waldorf (Md.) Wildcats club.



Charles Koerting, Northern Area Pathfinder coordinator, prepares a group for the knots and ropes relay.

700 Attend Hispanic Mission Conference

The 2010 Hispanic Mission Conference drew more than 700 people to the Highland View Academy campus in Hagerstown, Md., for spiritual rejuvenation and fellowship. Uplifting sermons, helpful seminars and engaging children's programs blended to provide a meaningful experience for participants.

Esteban Bohr, MDiv, speaker/director for Secrets Unsealed and senior pastor of the Fresno Central church (Calif.), was the keynote speaker for the weekend. Bohr, a theological scholar and author, also conducted a seminar on prophecy.



Keynote speaker Esteban Bohr, MDiv, pastors in Fresno, Calif.

Miguel and Nethy DiFrancisco, family psychologists who practice in Pennsylvania, presented a Sabbath afternoon workshop on healthy relationships and communication.

One of the highlights of the meeting was a graduation ceremony for the 86 men and women who completed the School of Discipleship small group ministry training. Ricardo Norton, DMin, associate professor of Church Growth and director of the Institute of Hispanic Ministry at the Seventh-day Adventist Theological Seminary at Andrews University (Mich.), was on hand to present the graduates with their certificates. He later taught a seminar on evangelism and church growth.

Leandro Robinson, a youth pastor in the Alaska Conference, and Gladis Orjuela and her team of volunteers, presented youth and children's programs for some 200 young people.

Brayan Guzman, a fifth-grader who attends the Dundalk Spanish church near Baltimore liked the puppet show best. "It was about God's love for us and how God will help us make good choices," he said.



Jimmy Salinas sings "for the glory of God." The 18-year-old is the music director for the Annapolis (Md.) Spanish church.

Ricardo Norton, DMin, a seminary professor at Andrews University (Mich.), chats with new graduates from the School of Discipleship.



Attendees participate in the Sabbath morning worship service by finding key texts in their Bibles during the sermon.



Children engage in a vibrant, interactive program.

The Challenge is published in the *Visitor* by the Chesapeake Conference 6600 Martin Road, Columbia, MD 21044 Phone: (410) 995-1910 • ccosda.org President, Rob Vandeman • Editor, Samantha Young

Alumna Accepts Academy Principalship

Rob Vandeman, chair of the Highland View Academy (HVA) Board, recently announced that Deborah Pacheco Trevino accepted an invitation to serve as the school's principal. "Deborah brings a host of skills with her, including expertise in strategic planning, development of community partnerships and team-building strategies," says Vandeman. "We feel very fortunate to have her at HVA."

Trevino's professional experience includes administrative positions at two colleges in Texas: Northwest Vista College and Our Lady of the Lake University. She also held positions as a political appointee in the Office of the Mayor in Reading, Pa., and the Office of the Governor for the Commonwealth of Pennsylvania. She is currently completing a doctoral program in Leadership Studies at Our Lady of the Lake University.

"It has been nothing short of astonishing to look back on the way that God has orchestrated events that eventually led to the acceptance of this new challenge," Trevino shared. "I am very excited about this opportunity and look forward to getting to know our constituents."

Trevino comes to HVA with her husband, Mario, and her son, Stephen, who will be a senior at HVA. She is also an alumna of HVA, having graduated with the Class of 1988.



Graduates Challenged to be Compassionate Leaders

This year 33 very happy and proud seniors marched across the platform, received their diplomas and joined the ranks of Highland View Academy alumni. The weekend began with a parent tribute service on Friday evening at the Highland View Academy church. With kind words, flowers, lots of hugs and more than a few tears, members of the Class of 2010 expressed appreciation to their parents and other significant family members.

The baccalaureate service featured speaker Alvin Payne, youth pastor of the Frederick (Md.) church.

During that program, Ian Kelly, DMin, associate director of Education for the Columbia Union Conference, presented the Caring Heart Award to senior Jordan Correces. This North American Division award recognizes students who demonstrate a commitment to mission activities and exemplify a spirit of compassion. Pastor Terry Johnsson, chaplain for WGTS radio station located in Takoma Park, Md., presented the commencement address and challenged the students to be humble, risk-taking, compassionate leaders.



Sheri Tydings, outgoing HVA principal, presents Chris Malcom with his diploma.



The Class of 2010 celebrates their achievement.

Students Honored at 14th Awards Reception

Each year at a special reception, HVA students are recognized for their participation in activities such as sports, music and drama; for holding leadership positions; and for academic and attendance accomplishments. This year 71 percent of the student body were recognized for achieving honor roll status, 11 new members were inducted into the National Honor Society and 14 received awards for perfect attendance. Seniors Nathaniel Bankes, Jennifer Calhoun and Andrew Fishell had perfect attendance over four years. Other awards are listed below:

Academic Awards

Kenji Nomura, *Math*
 Khelsea Bauer, *Music*
 Amanda Sprout, *Bible*
 Jacob Boring, *English*
 Tom Park, *Art*
 Andy Dei, *English as a Second Language*
 Nathanael Ramsey, *Computers*
 Jason Shockey, *History*
 Andrew Fishell, *Science*
 Jennifer Calhoun, *Foreign Language*
 Marvin Anyona, *Sportsman of the Year*
 Vivian Dye, *Sportswoman of the Year*

and accomplishments over a multi-year period. This year's recipients include:

Sophomore, Marci Corea
Junior, Sidney Milam
Seniors, Jacob Boring, Vivian Dye, Nathaniel Erb, Andrew Fishell, Agnes Jogoo, Robby McMullen, Jonathan Richardson, Ashley Tiong, Michael Wahlen

Principal Awards

The Principal Award is given in recognition for a high commitment to academics, involvement in leadership and extracurricular activities, spiritual commitment and influence and overall good citizenship. This year's recipients include:

Freshman, Chemati Kemboi
Sophomore, Stephanie Calhoun
Junior, Jason Shockey
Senior, Katy Yeary

School Letters

One of the special awards given each year are school letters, which students earn by accumulating points for the activities, positions



Jason Shockey, History Department Student of the Year, joins Jesse Benton, history and Bible teacher; and Amanda Sprout, Bible Department Student of the Year.

Volunteers Make Camp Meeting a Success

Mountain View Conference Camp Meeting, held at Valley Vista Adventist Center in Huttonsville, W.Va., brought together members from near and far under the theme "Proclaiming God's Grace." Here are highlights from their nine days together:



Pastor Daniel Morikone baptizes Barbara Murhanan from the Parkersburg (W.Va.) church. "I'm so thankful God doesn't give up on us," she said as she joined six others in making that ultimate commitment to Him.



Larry Boggess (right), conference president, finds the generosity of Mountain View members astounding. They donated \$24,000 to the President's Pocket Fund to build new, handicap-friendly lodging facilities at the campground—the most ever raised. "I'm thankful ... and excited to see the building take shape—all because of the funds given and time, labor and materials volunteered," says Boggess, pictured with former conference president Randall Murphy. Contact the conference office to help complete the project.

Ricci Sholock from Hurricane, W.Va.; Victor Zill, conference secretary-treasurer; and Barry Scott from Helvetia, W.Va., build a cabinet to house the sound equipment in the Youth Chapel.



Emily Winkler (middle) and Darlene Margaretten, students at Miracle Meadows School in Salem, W.Va., were baptized at camp meeting after studying the Bible with Ron Simkin (left), assistant director for Food Service. "They were dedicated to studying," he shares. "They walked over half a mile in deep snow [to study with me]." As Winkler explains, "I am committed to [Jesus] and—by being committed—will not go back to my old routine."

Gary Kasekamp from the Cumberland (Md.) church resurfaced the Valley Vista sign (right) and made a new sign on a stump by the Motel B unit.



Each year the pastors, office staff and other volunteers gather the week before camp meeting to help clean up the camp. Marty Murphy (back) of the Grafton (W.Va.) church and Sarah Shafer from the Cumberland (Md.) church paint the doors of the pavilion.



CALENDAR

August

- 11 Community Student Registration, 5-8 p.m.
- 15 Dormitory Student Registration, 11 a.m.-3 p.m.
- 16 School Begins
- 20-21 Commitment Weekend

September

- 2-6 Home Leave
- 10-12 Boys' and Girls' Club Campouts
- 20-21 ITED Testing
- 23-26 Senior Survival

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 Phone: (301) 739-8480 • Fax: (301) 733-4770
 highlandviewacademy.com • Principal, Deborah Pacheco Trevino



National Honor Society members join new inductees on stage.



Students who earned school letters last year were invited to the stage along with new recipients.

What I Liked Best About Camp Meeting 2010



"This has been the best camp meeting I ever remember going to," Elizabeth Jones shared. "The older I get, the more I cherish the fellowship here at Valley Vista. It has been heavenly!" Her daughter, Rebekah, loved classes with other primary-aged children. On the last Sabbath, Rebekah raised her hand, expressing her desire for baptism. There was no doubt what part of the meetings was grandmother Eva's favorite. She was beaming as she listened to the Emmanuel Quartet on Sabbath afternoon.



"I liked leading out in the health expo. I love teaching others how to live a healthy life. We had a great turnout!" —Elizabeth Iannacone, Duck, W.Va.

Members of the Primary class sing to the Lord.



Eleven-year-old Kirsten Ott from Rio, W.Va., enjoyed interviewing members about their favorite camp meeting memories.

"Going to meetings and learning how to share my love for Jesus to those who already know Him and to those who don't have a clue." —Gary Spitalski, Romney, W.Va.



The Austin family came from North Carolina. "This is our first camp meeting in Mountain View. We will definitely be back. I can tell that you are passionate, here in this conference, about preparing for the end times," Bruce said. "I needed this!"

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SPIRIT

MOUNT VERNON ACADEMY

AUGUST 2010

Is "Christian" Enough?

I was recently asked to speak on Christian education at a large church. I enjoy nothing more than being at the pulpit, so I jumped at the opportunity. As I was preparing my sermon, the pastor called me and requested that I limit my sermon's scope to cover Christian education and not stress the Seventh-day Adventist angle. This was not the first time a well-meaning pastor has asked me to tone down my message, and I struggle with this request each time it is made.

We are living in a time when the third angel's message is more relevant than ever, but we are shrinking away from it. Where are our children going to hear the unique message of our faith if they do not attend our Adventist schools? We are developing the attitude that as long as education has a "Christian" label, it is good enough. We don't worry about the theology taught as long as it is "faith based." Who are we kidding?

If we take the any-Christian-source-is-good-enough logic to its final conclusion, then it does not matter where or when we go to church as long as it has a "Christian" label. To think of getting an education as "just school" is naïve. At Mount Vernon Academy (MVA), we run a 180-day evangelism program. We are not just a "Christian school." Each MVA staff member strives to instill as much of our Christian *Seventh-day Adventist* faith into as many students as we can. Here at Mount Vernon Academy, we still believe that the knowledge of our theology is important. What about you?



Robert Stevenson
Principal

New Staff Joins School Family

A new school year often comes with the new faces of both students and teachers. This year four staff members will join the MVA family:

The new English teacher will be Keri Wilson. She obtained bachelor's degrees in psychology and English and a master's degree in teaching from Walla Walla University (Wash.).

Michael Robertson will serve as the new chaplain. He holds a bachelor's degree in theology and a Master of Divinity and has served as a district pastor for 15 years. He comes to MVA from the Carolina Conference.

Efrain Murillo will serve as the school's business manager. He holds a bachelor's degree in business from Andrews University (Mich.), and a Master of Business Administration from and California Coastal University. He was previously associate treasurer for the Southeastern Conference.

Ana Nino will serve as his assistant. She obtained a bachelor's degree in business from Columbia Adventist University in South America. She comes to MVA from the Inter-American Division, headquartered in Miami.



Keri Wilson



Michael Robertson



Efrain Murillo



Ana Nino

Old Friends Make New Memories

Despite predictions of rain—which held off until the evening hours—653 people attended MVA's Alumni Weekend. All of the weekend's events were well attended and everyone reported having a wonderful time. Saturday evening, the Golden Rockers, a group consisting of alumni who have already celebrated their 50th reunion (1940-59), gathered for a program filled with humor, skits, music, testimonials and exciting fellowship. The

Golden Rockers will be a new tradition at MVA.

After the close of the weekend, several students said they had a wonderful time listening to all of the stories and experiences alumni shared with them. "I'd like to say a special 'thank you' to all of our alumni for taking the time to talk to the students and convey how a positive, Christian experience can impact one's entire life," says Margaret Sutton, development director.



Donna (Doss) Schuster and Carol Wolfe ('51) catch up.



Davida (Nash) Strong ('60) and Joyce (Russell) Bush ('60) enjoy reminiscing.



Class members from 1965 proudly display their banner that says it all.

Golfers Witness God in Action

What would MVA's golfers call an Alumni Weekend without a tournament? A tragedy! Even with the tremendous threat of rain, golfers arrived ready to play. Some 22, four-person teams received goodie bags filled with food and gifts, golf carts, a tasty lunch and prizes.

Golfers started worrying when lightening and thunder started rolling in quickly and the sky turned black. Because the golfers didn't want to stop playing, they began to pray. They said although the rain came in a torrential downpour on all sides of the golf course, the players were untouched, and the storm soon left. There was only a five-minute, light rain followed by sunshine, and the golfers didn't miss a stroke! It reminded them all that our big God cares about the "little things."



Bruce Bellchambers, History teacher, and Tim Soper, outgoing MVA chaplain, played on a team that came in first place.

Camp Meeting 2010: This is the Family of God!

Our one-day New Jersey Conference Camp Meeting was truly something to remember! Around 5,000 people gathered at Tranquil Valley Retreat Center in Tranquility to worship. We felt the mighty energy of God as the Holy Spirit moved powerfully amongst the huge congregation.

Some of the most memorable moments for me included seeing people of all races and ethnicities smiling, singing and worshipping the Lord; hearing nine different languages; and witnessing children, youngsters and adults unified as one family, studying the Bible and praying. This is the nature of our constituency. It is dynamic, spiritual, fervent and committed to the mission of the Seventh-day Adventist Church.

What a blessing it was to be there and view this beautiful congregation from the pulpit. Yes! I have to humbly admit that I love them all so much! Thank you, Lord, for the undeserved privilege to serve You as a servant leader of these wonderful people!

Our pastors and departmental directors worked very hard to make this event possible. The New Jersey Conference orchestra, the mass chorus and the youth chorus played and sang to make the worship experience so meaningful.

Seeing so many of our members present on Sabbath, inspired me to think of that day when the great multitude will come from all nations and tribes and languages and congregate on the sea of glass, praising God with their harps and voices. "And they sing the song of Moses the servant of God, and the song of the Lamb, saying, Great and marvelous are thy works, Lord God Almighty; just and true are thy ways, thou King of saints" (Rev. 15:3). For a taste of our camp meeting, see photos here and on the next page.—Jose H. Cortés



Conference president José H. Cortés presents Ruth Platón from the Union City Spanish church with a certificate in Children's Ministries. She was one of 66 recognized in a ceremony on Sabbath afternoon.



Some 5,000 people attended New Jersey Conference Camp Meeting.



CALENDAR of EVENTS

- August**
- 15-16 9th Grade Registration/Classes
 - 17-18 10-12th Grade Registration/Classes
- September**
- 3-5 Handbells Retreat
 - 6 Fall Picnic
 - 9-12 Senior Survival
 - 12 Sunday School
 - 15-19 Home Leave
 - 20-25 Week of Prayer
 - 28- Oct. 4 Junior Class Boston Trip
- October**
- 10 Sunday School
 - 13-17 Home Leave

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Camp Meeting Brings Joy to All



Christina Macena (left), conference Children's Ministries director, leads a Sabbath School class.



The New Jersey Conference Orchestra ministers to the congregation. Youth and adults also lent their voices to a mass chorus.



Vineland Spanish church's Pathfinder marching band makes a joyful noise.

Conference Office Relocates

The New Jersey Conference office is scheduled to move to a new location in mid-August. The phone number (609) 392-7131 will remain the same, however, the mailing address will be 2303 Brunswick Avenue, Lawrenceville, NJ 08648.



Edward Reid, North American Division Stewardship director, presented the morning worship message and an afternoon seminar.



Eddie Hypolite, a London-based youth leader connected his sermon to the youth theme of "CROSS Training."

dates
NEW JERSEY

August

- 11-14 Stewardship Emphasis Weekend, Local Churches
- 14 Singles Spiritual Day
- 20-23 ShareHim Boot Camp

September

- 8-11 Stewardship Emphasis Weekend, Local Churches
- 11 Annual Choir Concert
- 24-26 Conference-wide Pathfinder Camporee, Tranquil Valley Retreat Center (TVRC)

October

- 3 Women's Fall Day Retreat, TVRC
- 6-9 Stewardship Emphases Weekend, Local Churches
- 8-10 Singles Retreat, TVRC
- 17 Children's Day Festival

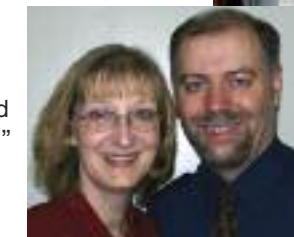
New Jersey News is published in the Visitor by the New Jersey Conference 2303 Brunswick Ave., Lawrenceville, NJ 08648 • Phone: (609) 392-7131 • njcsda.org President, José Cortés • Editor, Jim Greene

Fredericktown Church Leads Community Against Liquor

When corporate owners of the local grocery store in Fredericktown added a Local Liquor Option to the ballot, Fredericktown church members worked together to stop the measure from passing. The option would have permitted issuance of licenses for the sale of alcohol seven days a week. Church members took to the streets of their community in a door-to-door campaign against the ballot issue. Dry since World War II, Fredericktown defeated similar attempts at change in 1951, 1972 and 1983.

"Many in the village had voiced opposition to this change, especially as it was coming from a corporation from outside Fredericktown," shares Ron Vozar, Fredericktown church pastor (pictured with his wife, JoAnn). "I waited for formal opposition to form so we could stand with them, but as the saying goes, 'nobody did nothing.'"

With support from his congregation, Vozar registered with the Board of Elections an official Ballot Issue Committee called Preserve Fredericktown's Quality of Life. Active in the local ministerial association, Vozar networked with local pastors and received support from numerous denominations. The largest supporters included the mayor's wife and the recently retired school superintendent, who campaigned with Fredericktown church members. Vozar, a bivocational pastor, took time off from work to design flyers that the church paid to print and volunteers distributed. After countless prayers and miles on foot, the Liquor Option failed by 22 votes.



The Fredericktown church successfully led a coalition of residents against a measure that would bring the sale of beer and wine to their village.

New Conference Staff Welcomed

Dave Robinson joins the Ohio Conference team as the new director of Camp Mohaven. After working more than 30 years in construction as a master plumber, then volunteering in 2007 on an extended mission trip to the Philippines, Robinson and his wife, Karen, an accountant, felt impressed to do something more with their lives. Working with Camp Mohaven best suited the couple's desire to work as a team.

Heidi Shoemaker recently joined the Ohio Conference staff as administrative assistant to the conference president. Her responsibilities also include serving as editor of Mission Ohio and coordinating and marketing conference events. Shoemaker comes from the Dakota Conference where she served as communication director and administrative assistant to the president. Her husband, Fred, pastors the Mount Vernon Hill church.



Sixth Innovation Conference Slated for October

The sixth annual National Conference on Innovation is scheduled for October 3-5 in Columbus, Ohio. The conference has become the premier gathering within Seventh-day Adventism for serious exploration of the critical missional issues of our time. The event typically brings together some of the church's most entrepreneurial innovators from across the country and the world. They meet and learn from some of the nation's leading voices from multiple disciplines and network with those who are on the frontline of ministry and mission. "I have been inspired to seek God more fully to see and know what He would have me do in my community," a past participant shared. "I don't need to be afraid of failure. I can be free to learn from that."

Several nationally renowned speakers are scheduled to participate, including the following:

Barbara Bradley Hagerty is the religion correspondent for National Public Radio and reports on the intersection of faith and politics, law, science and culture. She has won numerous national awards for her reporting on religion, and has appeared on PBS' *Washington Week in Review* and *The Lehrer News Hour* programs.



Alan Hirsch is the founding director of Forge Mission Training Network and co-founder of shapevine.com, an international forum for engaging with world-transforming ideas. Known for his innovative approach to mission, Hirsch is an author, teacher and

key strategist for churches across the western world.



Neil Cole (below) is founder and executive director of Church Multiplication Associates, a movement of small, rapidly multiplying organic churches (currently averaging two per day) that meet in homes, campuses and places of business all over the world. The movement has catalyzed the development of more than 1,000 churches.



Samir Selmanovic is the Christian co-leader and founder of FaithHouse Manhattan—an interfaith exploration of faith and spirituality. He is an ordained Seventh-day Adventist pastor, author and missionary to New York.



Zdravko "Zack" Plantak chairs the Department of Religion at Washington Adventist University (WAU) in Takoma Park, Md., and specializes in ethics and theology. In 2009 he served as president of the Adventist Society for Religious Studies. He lectures in many national and international gatherings on ethics and theology.



The conference will also include the presentation of the Kettering Adventist HealthCare Innovation of the Year Award and the North American Division's Vervent Innovative Church of the Year Award. Attendees may avail themselves of one hour of college credit (REL 294: Innovative Ministry) through WAU; author book signings; and a networking luncheon on October 4. The event will take place at the Embassy Suites Columbus. The registration deadline is September 14 and will be at a rate of \$129 per person. Late registration (until September 28) will be \$159. For more information, or to register, visit sdapartnersininnovation.org.

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Called to be Different

It is not boasting. It is not conceit. It is not prideful to say that we, as the Seventh-day Adventist Church, are called to be different, to be the remnant church described in the Scriptures.

All throughout the Scriptures, when God called a people, they were a called-out and different people, a "peculiar people" (1 Pet. 2:9), chosen to proclaim the praises of Him who called them out of darkness into His marvelous light.

And what makes us different today? It is that we love and trust Jesus so much, that we are responding to His gift of salvation by taking the complete Word of God as accurate and authoritative. We believe in God's literal, six-day, recent creation. And that the Sabbath of God still remains the seventh day of the week as a memorial to God's creative power, His re-creation and the grace of His rest. We believe that Christ will return literally and every eye shall see Him. We hold that God alone has immortality and that after Jesus comes, we mortals—those resurrected from the grave and those translated alive—shall be given immortality. We look to Jesus Christ alone as our High Priest and our only Mediator.

We are different because we treat our bodies healthfully. We act as stewards of all God's blessings by returning His tithe. We live a Christian lifestyle with modesty and simplicity. These Bible principles and values make our people stand out in this contemporary world. It makes us different. And the reason for this difference is not to conspicuously appear peculiar, but to live a life so compelling that people are drawn to Christ as a result.

We celebrated this call to be different at our recent camp meeting held on the beautiful grounds of Blue Mountain Academy in Hamburg (see photos).



Ray Hartwell
President

Camp Meeting Reinforces Ministry



Kris Eckenroth, Youth and Young Adult Ministries director, is backed by "an army of youth rightly trained" as he talks about the Cool Camp ministry staffed by 20 young people.



Pastor Tara VinCross (left) and Ray Hartwell (right) listen as Kaury Allen, a Pennsylvania Youth Challenge team member, shares how he was able to pray with a woman who initially told him she was not interested.



Children enjoyed seeing a Red-tailed Hawk and Barred Owl on Sabbath afternoon. A volunteer (left) is transformed into a raptor by staff of the Hawk Mountain Sanctuary.



Jeannette Dare (left), Adventist Community Services director, and Ray Hartwell, conference president, present Tina Borland with an award for innovative ministry. Borland ministers to older people with her miniature horse, Cimarron.

For more pictures of camp meeting, check out the Pennsylvania Conference of Seventh-day Adventists Facebook page. To read copies of the daily newsletters from camp meeting, go to paconference.org and click on "Camp Meeting."

Lock Haven Members "Pass It On"

When the Adventist Development and Relief Agency ended their overseas clothing ministry, the Lock Haven church needed to come up with a plan, because packing clothes was the only thing they had been doing for volunteer work. Pastor Tom Grove had been praying for a long time that the church would be able to do something in the Lock Haven area to make the church's presence known.

As members talked about ideas, Edel Workman suggested they take the donations of clothing still coming in and organize a clothing give-away program at the church. They decided to call the new program Pass It On. The church also began accepting donations of toys and domestic items. Workman and Nancy Dolan were soon leading the new program, which opened its doors to the community last October.

"Jesus Christ has inspired this from the very beginning and is providing everything that we need," shares Workman. "It appears like it is helping church members become closer, which makes sense because when working and worshipping together, our light shines brighter."

Pass It On is open the second and fourth Thursday of each month and is staffed by volunteers from the church. To date the church has distributed approximately 5,000 pieces of clothing and served 238 families. Other local organizations also stop by to obtain clothing for their clients.

For Workman and Dolan, the ministry is not just to share clothing, but to share the gospel of Jesus Christ with others. Each new family helped also receives a copy of *Steps to Christ*. Numerous Bibles and copies of the book *Desire of Ages* have also been distributed along with other Christian literature.



Lock Haven's Pass It On clothing distribution ministry is staffed by volunteers like Nancy Dolan, Shirley Stradley, Elizabeth McCauley and Eleanor Sagmuller.

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Potomac People

AUGUST 2010

Members Receive the Spirit at Camp Meeting

At this year's Potomac Conference Camp Meeting, "Receive Ye the Holy Spirit" was not only the theme, but also a reality. Fredrick Russell, president of the Allegheny West Conference, dynamically led attendees through the mid-week evening meetings. He challenged them with the need to be filled with the Holy Spirit. At the end of his

message on Thursday evening, he asked believers to come to the front, where pastors were waiting to pray for each person to receive afresh the Holy Spirit.

The moment was real. It was spiritual. It was warm. It was celebration. There were some with smiles, some with tears, some with reflective anticipation on their faces. There was embracing. There was confession. There was thanksgiving.

When Pastor Russell first made the call, only a few stood. And then the trickle became a stream, a stream of faith and hope and need. Oliver Johnson and his daughter, Crystal, both went to the front to receive the baptism of the Holy Spirit. "It was so uplifting," they testified.

David Whitman, a camp meeting attendee, said, "The fire has got to burn. You can't hold it back."

Bill Miller, president of the Potomac Conference, closed the week with a stirring reflection on why we do the things we do. He reminded the people through several personal stories that though they do what they shouldn't do and fail to do what they should do, the Trinity is cheering them on and will be faithful to uphold them through this race called life.

"There was a true outpouring of the Holy Spirit this week, and the people responded—some for the first time. They had an opportunity to meet God, and it's a moment we'll never forget," said Miller.

—Henry Wright and Dan Jensen



Bill Miller (right), president of the Potomac Conference, prays for Fredrick Russell, president of the Allegheny West Conference, before he begins a three-day sermon series on the Holy Spirit.



Ron Clouzet, North American Division Ministerial Association secretary, preaches during the Sabbath morning service.



The praise team leads song service.

Rick Labate, pastor of the Buena Vista (Va.) church, plays the piano during an appeal.



The
God We Worship
Fall Camp Meeting 2010
September 17-18

Laurel Lake Retreat & Conference Center
76 Lodge Road, Rossiter, PA, 15772

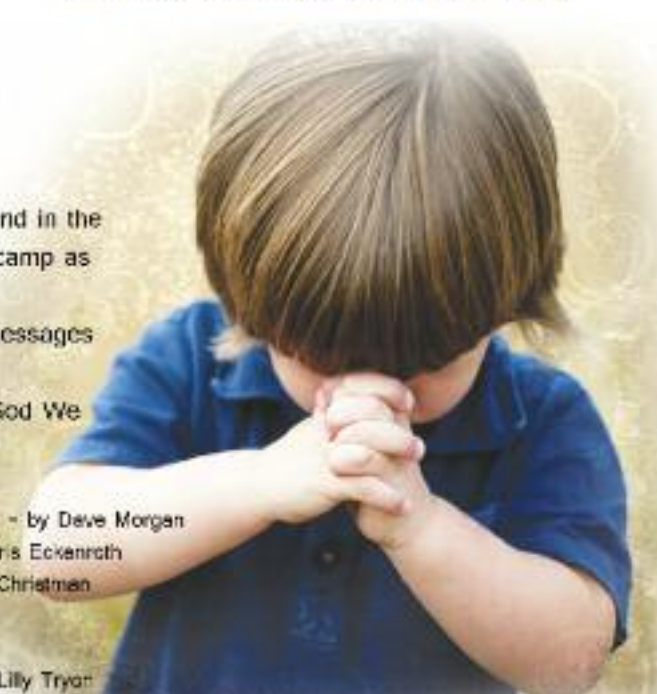
Visit www.paconference.org to register



Bring your family for a weekend in the beautiful wooded hills of the camp as Jo Ann Davidson shares life-impacting and practical messages during our worship services, enhancing our view of "The God We Worship."

Seminars

- Reconciliation: Biblical Steps to Productive Resolution - by Dave Morgan
- How to Have a Youth Ministry in Your Church - by Kris Eckhardt
- How to Make a Meaningful Hospital Visit - by Joyce Christman
- Financial Freedom - by Ron Christman
- Children's Ministries - by Nancy Stickney
- The Ins & Outs of Successful Health Screening - by Lilly Tryon



Pastors Discover What Camp Meeting is All About

When conference pastors Vince Maclsaac (on right) and Mike Hewitt made a trip to Walmart to get water during camp meeting, they never expected to come back with a visitor. Hewitt happened to be wearing a shirt that read “3:16” in big, bold numbers on the front. A man noticed Hewitt’s shirt and offered to share his testimony. This man then told them that he had been in an accident, was on life support and believes that God not only healed him, but also allowed him to get back to work within a short period of time.

He then quoted Joel 2:28, where the prophet states, “I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions.”

They then told their new friend about the camp meeting in New Market, Va., and that the theme was on the ministry of the Holy Spirit. To their delight, he showed up to the first meeting on Tuesday evening and returned the following evening with his girlfriend’s son.

“This is what camp meeting is all about,” Hewitt said. “We need to be about the Lord’s business, and you just never know when the Lord is going to prompt you to invite someone.”



Faces of Camp Meeting



Long-time camp meeting attendees Herb Broeckel and Denny and Eleanor Mitchell relax outside their cabins.



The Breath of Life Quartet delivers a powerful musical performance.



Pastors Paulasir Abraham, Austin Goodwin and Will Smith work as security guards during camp meeting.

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Phone: (540) 886-0771 • pcsda.org • President, Bill Miller
Communication Director, Dan Jensen

Preparing for Another Year of Excellence

As we prepare for the start of a new school year, we at Takoma Academy (TA) have once again challenged ourselves to maintain a culture that has a clear commitment to providing quality, Seventh-day Adventist education. Our educators are committed to preparing our students to be a valuable and productive part of the world around them in both academics and service. Educators in our Adventist institutions have the distinction of helping students understand that their destiny is in eternity with their heavenly Father.

The faculty and staff at TA understand and accept our challenge to represent Christ to our students and take advantage of the opportunities to develop relationships, which draw our students closer to Him. The impact a positive and supportive relationship provides extends past classroom success into both our society and the world to come. We invite you to partner with us as we provide an atmosphere where positive relationships are formed. Your help and support as an alumnus, a parent or a friend of TA will reinforce our commitment and provide additional relationships for our students’ eternal success.



David Daniels
Principal

40 Freshmen Benefit From Inaugural Summer Program

The Class of 2014 started the school year early by participating in the school’s inaugural summer enrichment program. More than 40 students participated in this program designed to give them a jumpstart on their high school careers.

The TA summer experience focused on three areas of instruction: math, English and TA 101. In math and science, students focused on understanding

Guest speakers presented experiments and lectures that discussed college preparedness and career options. Not only did students begin each day with worship, they also participated in outreach projects to help beautify the community. Team-building exercises allowed students to work together in a fun atmosphere to accomplish a common goal.

“The summer enrichment program has allowed us to give students an introduction to the skills needed to be successful in high school,” shared David Daniels, principal. “It was our goal to help these students develop unity as classmates and a commitment for the spiritual, academic and outreach goals that make up the Takoma Academy culture.”



English teacher Jennifer Howe helps prepare freshmen for TA’s challenging curriculum.

expectations and becoming equipped with the skills necessary for success in those content areas. TA 101 was designed to provide students with study and personal management skills, which will assist them in their overall high school experience. The course utilized Sean Covey’s book *The 7 Habits of Highly Effective Teens* to guide this part of the program.



Members of the Class of 2014 participate in a summer enrichment program. The goal is to teach them skills that will stay with them throughout their high school career.

Home of the Tigers Gets Upgrades

Crews were once again busy this summer performing upgrades to TA's building—part of the school's strategic plan. In addition to the installation of a new heating, ventilation and air-conditioning system, students will enjoy changes made to the cafeteria, music department, health room and lower hallways, which were upgraded with new tile.

The J.P. Laurence Auditorium also received significant changes with a new roof and a refinished

stage. Students are already excited about the biggest change: the newly repaired, refinished and redesigned gymnasium floor. The new design has the students eager to begin the sports season in the "Home of the Tigers!"

"We thank the alumni and the Potomac Conference for their commitment to our school," said David Daniels, principal. "This is another step in providing our students with an environment conducive to excellence."



Students chose the newly designed floor in the J.P. Laurence Auditorium.



Students show their school spirit by helping to paint TA's classrooms and hallways.



The partially retiled cafeteria floor will be completed by the time school re-opens.



A workman installs the school's new \$800,000 heating, ventilation and air-conditioning unit.

Calendar

August

- 18 Registration, 4-8 p.m.
- 22 Freshman Orientation, 5 p.m.
Grades 10-12 Orientation
6 p.m.
- 23 First Day of School for Freshmen
- 24 First Day of School for Grades 10-12
- 27 School Portraits
- 27 Dedication Service
- 28 Student Council Handshake

September

- 6 Labor Day—School Closed
- 13 Board of Trustees Meeting
7 p.m.
- 16-19 SALT Conference
- 20-24 Fall Week of Prayer
- 24 Fall Picnic—Noon Dismissal
- 25 Fall Hike

TA Today is published in the Visitor by Takoma Academy • 8120 Carroll Ave., Takoma Park, MD 20912 • Phone: (301) 434-4700 • ta.edu • Principal and Editor, David Daniels



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AUGUST 2010

The Value of Transitions

Transition. It's a word that can carry a great deal of meaning depending on who is saying it and who is hearing it. In the case of the Department of Education at Washington Adventist University (WAU), it means a change is coming while the commitment remains the same.

Last month the former chair of the department, Davenia Lea, PhD, became the dean of WAU's School of Graduate and Professional Studies. July also marked the first month of retirement for long-time education faculty member Jeannette Rogers-Dulan, EdD.

For those in K-12 education in the Columbia Union, this across-the-board change in full-time faculty might spark a sliver of doubt for the continuity of outcomes in the department, but be assured that WAU's Department of Education remains strongly dedicated to providing the Columbia Union with highly competent teachers fully committed to the Seventh-day Adventist model of Christian education. The article below provides more information about our new Education faculty.



Weymouth Spence
President

New Faculty Join Education Department

Annie Raney, MA, will transition from an adjunct faculty member to a full-time professor in the Department of Education. Raney's expertise in reading education is well known. Still, she is even better known for her vivacious energy and enthusiasm for life in general, and children and young people specifically.

Raney, who holds a master's in reading education from Bowie State University in Bowie, Md., is also a veteran language arts teacher who most recently served as an assistant professor at Prince George's Community College in Largo, Md.

An active member of the Remnant church in Silver Spring, Md., Raney is strongly committed to the spiritual development of children, youth and young adults. Raney and her husband, Rodney, have a son, Malachi, who is in preschool.



Gwendolyn F. Smith, PhD, will serve as the new chair of WAU's Department of Education, bringing with her more than 20 years of classroom and leadership experience to the university. Smith most recently served as the supervisor of the Title I program with the Prince George's County Public Schools in Maryland. She is eager to continue the momentum for growth set by the prior faculty.

"My vision is to enhance the production of educators who are proficient in utilizing technology and instructional approaches to deliver effective instruction to students at all levels," says Smith.

She holds a doctoral degree in curriculum and instruction with an emphasis in measurement, research and evaluation from the University of South Florida. Her teaching career began in Jamaica, where she taught engineering machine shop and engineering drafting at a technical high school.

Smith and her husband, Norman, have six adult children. She is a member of the New Hope church in Fulton, Md.



Students Lead Evangelism Meetings in Uganda

Twelve Washington Adventist University students recently held a large-scale evangelistic campaign in Mityana, Uganda. As a result of their efforts, 202 people were baptized with 100 more committed to Bible study and future baptism.

The endeavor began when Zdravko Plantak, PhD, taught the course RELP 370: Field School of Evangelism. In this class, students studied the various types of public evangelistic outreach and the challenge of reaching people for Christ within today's context. Plantak also coordinated much of the planning



Religion chair Zdravko Plantak, PhD, (back row, third) trained these students for evangelism through a hands-on, semester-long course.

"I personally learned a valuable lesson, that God wants to use us, but He can't use the proud. He needs those who are humble and open to His promptings," shared Griffith.

The baptismal candidates—who were baptized three at a time in a local well—completely filled the central Seventh-day Adventist church in the region, leaving church

trip are already planning their return to Uganda to continue the work they started.—Ryan Jackson



Baptismal candidates enter the well tank three at a time on the final Sabbath of the evangelism trip.



WAU alumnus Jose St. Phard preaches to a full house in Mityana.

members and guests to observe from the church grounds.

"God uses even the broken vessels of his male and female servants who entrust their time and talents for Divine purposes," says Plantak, "WAU students have allowed God to use them mightily for advancing His kingdom by sharing their faith with the African people."

St. Phard says that many of the students who participated in this



Baptismal candidates fill to capacity the only Adventist church in the Mityana region, leaving members and guests to observe from the church grounds.

and fundraising for the trip, which included a sizable contribution from the Columbia Union Conference.

Once in Uganda, students were assigned a specific area of the region and each student spent the first week building relationships with the local people. They ended up preaching 22 different times over several weeks. The 12 student missionaries are Noel Brooks, Narissa Thomas, Regina Johnson, Brandon White, Melanie Bowen, Nikolai Greaves, Sarah Bellot, Sheila Martinez, Curtis Roberts, Gustavo Parada and Ramon Griffith. Jose St. Phard, WAU alumnus and Campus Ministries team member, led the trip.

Calendar

August 2010

- 4-20 Capital Summer Program
- 25-29 First Year Experience
- 30 Registration
- 31 First Day of Class

The Gateway is published in the Visitor by the Washington Adventist University 7600 Flower Ave., Takoma Park, MD 20912 Phone: (800) 835-4212 • wau.edu President, Weymouth Spence Editor, Angela Abraham

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SUNSET CALENDAR

	Aug 13	Aug 20	Aug 27	Sept 3	Sept 10
Baltimore	8:05	7:55	7:45	7:34	7:23
Cincinnati	8:36	8:26	8:16	8:06	7:54
Cleveland	8:29	8:19	8:08	7:56	7:45
Columbus	8:31	8:22	8:11	8:00	7:49
Jersey City	7:57	7:47	7:36	7:25	7:14
Norfolk	7:59	7:50	7:41	7:31	7:20
Parkersburg	8:24	8:15	8:04	7:54	7:43
Philadelphia	8:00	7:50	7:40	7:29	7:18
Pittsburgh	8:20	8:10	8:00	7:49	7:37
Reading	8:04	7:54	7:43	7:32	7:21
Richmond	8:05	7:56	7:46	7:36	7:25
Roanoke	8:14	8:05	7:56	7:46	7:35
Toledo	8:37	8:27	8:16	8:04	7:52
Trenton	7:59	7:49	7:39	7:28	7:16
Wash., D.C.	8:05	7:56	7:46	7:35	7:24

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LEGAL NOTICES

FIRST QUINQUENNIAL SESSION OF THE POTOMAC CONFERENCE OF SEVENTH-DAY ADVENTISTS

The First Quinquennial Session of the Potomac Conference of Seventh-day Adventists will convene at 10 a.m., Sunday, September 26, 2010, at Takoma Academy, 8120 Carroll Avenue, Takoma Park, MD 20912.

The purpose of this meeting is to receive the quinquennial reports, elect executive officers, vice presidents and members of the Executive Committee and other board and committee members; consider recommendations for amendments and revisions to the Constitution and Bylaws of Potomac Conference of Seventh-day Adventists and the Bylaws of Potomac Conference Corporation of Seventh-day Adventists; and to transact such other business as may come before the delegates, including the possible consolidation or merger of the Potomac Conference of Seventh-day Adventists, Potomac Conference Corporation of Seventh-day Adventists, District of Columbia Conference Corporation of

Seventh-day Adventists and Virginia Conference Agency of Seventh-day Adventists.

William K. Miller, President
Jorge A. Ramirez, Secretary

FIRST QUINQUENNIAL SESSION OF THE POTOMAC CONFERENCE CORPORATION OF SEVENTH-DAY ADVENTISTS

Legal notice is hereby given that the First Quinquennial Session of the Potomac Conference Corporation of Seventh-day Adventists will be held at Takoma Academy, 8120 Carroll Avenue, Takoma Park, Md., Sunday, September 26, 2010, between 2:30 p.m. and 3:30 p.m.

The purpose of this meeting is to elect executive officers and trustees, consider recommendations for amendments and revisions of the Bylaws of the Potomac Conference Corporation of Seventh-day Adventists and to transact such other business as may come before the delegates, including the possible consolidation or merger of the Potomac Conference of Seventh-day Adventists and the Potomac Conference Corporation of Seventh-day Adventists. The delegates of the First Quinquennial Session of the Potomac Conference of Seventh-day Adventists are the delegates of this session.

William K. Miller, President
Hugo Chinchay, Secretary

FIRST QUINQUENNIAL SESSION OF THE DISTRICT OF COLUMBIA CONFERENCE CORPORATION OF SEVENTH-DAY ADVENTISTS

Notice is hereby given that the First Quinquennial Session of the District of Columbia Corporation of Seventh-day Adventists will be held at Takoma Academy, 8120 Carroll Avenue, Takoma Park, Md., on Sunday, September 26, 2010, between 2:30 p.m. and 3:30 p.m.

The purpose of this meeting is to elect executive officers and trustees, consider recommendations for amendments and revisions of the Bylaws of the District of Columbia Conference Corporation of Seventh-day Adventists, and to transact such other business as may come before the delegates, including the possible consolidation or merger of the Potomac Conference of Seventh-day Adventists and the District of Columbia Conference Corporation of Seventh-day Adventists. The delegates of the First Quinquennial Session of the Potomac Conference of Seventh-day Adventists are the delegates of this session.

William K. Miller, President
Hugo Chinchay, Secretary

FIRST QUINQUENNIAL SESSION OF THE VIRGINIA CONFERENCE AGENCY OF SEVENTH-DAY ADVENTISTS

Notice is hereby given that the First Quinquennial Session of the Virginia Conference Agency of Seventh-day Adventists, Inc., will be held at Takoma Academy, 8120 Carroll Avenue, Takoma Park, Md., Sunday, September 26, 2010, between 2:30 p.m. and 3:30 p.m.

The purpose of this meeting is to elect executive officers and trustees, consider recommendations for amendments and revisions of the Bylaws of the Virginia Conference Agency of Seventh-day Adventists, and to transact such other business as may come before the delegates, including the possible consolidation or merger of the Potomac Conference of Seventh-day Adventists and the Virginia Conference Agency of Seventh-day Adventists. The delegates of the First Quinquennial Session of the Potomac Conference of Seventh-day Adventists are the delegates of this session.

William K. Miller, President
Hugo Chinchay, Secretary

PENNSYLVANIA CONFERENCE SPECIAL CONSTITUENCY SESSION

A special constituency session of the Pennsylvania Conference of Seventh-day Adventists, called for by the Pennsylvania Conference Executive Committee, will convene at 9:30 a.m., Sunday, November 14, 2010, at Blue Mountain Academy in Hamburg, Pa.

The purpose of this meeting is to vote on the recommendation of the Executive Committee to sell Laurel Lake Camp and Retreat Center.

As required by the Pennsylvania Conference Bylaws, the following agenda, voted by the Executive Committee July 1, 2010, must be printed with the call of the special session: 1) Devotional; 2) Session Organization: official call, Pennsylvania Conference; seating of delegates; parliamentarian seated; GC Rules of Order voted; clarification of established agenda; 3) Changes in Conference Churches: Addition of Conference Churches; seating of delegates of new churches; disbanded conference churches (if any); 4) Recommendation from Pennsylvania Conference Executive Committee to Sell Laurel Lake Camp and Retreat Center; reading of the Executive Committee motion; presentations; discussion; and vote; 5) Discussion on the Implementation of the Vote Regarding the Laurel Lake Camp and Retreat Center; 6) Closing Remarks; 7) Adjournment.

Raymond C. Hartwell, President
Barry J. Tryon, Executive Secretary

ANNOUNCEMENTS

ADVENTIST SINGLES ADULT RETREAT

Mt. Aetna Retreat Center
21905 Mt. Aetna Road
Hagerstown, MD 21742

OCTOBER 8-10, 2010

Carol Barron, from the North American Division, will be the featured speaker. She has an interesting presentation list of topics relating to singles.

FOR MORE INFORMATION AND A BROCHURE

Contact:

Fred Thomas
fmthomas1950@yahoo.com
or
Howard Bankes
(410) 51-3192

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OBITUARIES

SCHAEFER, WARREN E.,

born June 30, 1935, in Springfield, Ohio; died October 19, 2009, in Lancaster, Pa. He was a member of the Lancaster church. He served as a member and clerk of the church board, and president of the church school board of the Central Penn Christian School. He is survived by a son, Brett E. (Elizabeth) Schaefer of Phoenix, Ariz.; a daughter, Brenda Spigelmeyer of Middletown, Pa.; grandchildren, David Thorne, Chris Schaefer, Tara Woodman, Mary Bennet, Deidre Falcone, and Courtney Lopez; and numerous great-grandchildren.

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The Visitor provides news and information, resources for effective ministry, and insight on issues with a spiritual focus to help people celebrate God's transforming grace in preparation for His return.

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KETTERING COLLEGE OF MEDICAL ARTS: Charles Scriven, President; Mindy Claggett, Visitor Correspondent; 3737 Southern Blvd., Kettering, OH 45429. Tel. (937) 395-8601 ■ kcma.edu

WASHINGTON ADVENTIST UNIVERSITY: Weymouth Spence, President; Angela Abraham, Visitor Correspondent; 7600 Flower Ave., Takoma Park, MD 20912. Tel. (301) 891-4000 ■ wau.edu

HEALTHCARE SYSTEMS

ADVENTIST HEALTHCARE: William G. "Bill" Robertson, President & CEO; Thomas Grant, Visitor Correspondent; 1801 Research Blvd., Suite 400, Rockville, MD 20850. Tel. (301) 315-3030 adventisthealthcare.com

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Volume 115 ■ Issue 8

3 Keys to Work-Life Balance

POP QUIZ: The word "karoshi" is a:



- a.) form of entertainment in which amateur singers sing along with recorded music
b.) type of Korean sushi
c.) japanese term for "death from overwork"
d.) front kick in martial arts

The correct answer is C. First reported in 1969, there are now some 10,000 deaths annually in Japan attributed to karoshi (pronounced kah-roe-shē). Most commonly from heart attack or stroke, these deaths are related to a pattern of chronic energy expenditure and an absence of intermittent recovery—such as continuously stressful work, extremely long hours and working without breaks or holidays.

The take-home point for us is that the United States is the only country in the world where employees work more hours per week than the Japanese. One in three American employees are chronically overworked, while 54 percent have felt overwhelmed at some time in the past month by how much work they had to complete. And the majority of us believe we don't have enough time with our children, our spouses or for ourselves.

ARE YOU CONTROLLED BY WORK?

Are you struggling to balance God, family, work and a host of other activities? Here are three ways to make life better:

1. Be intentional about what really matters. Achieving balance starts with the decision to cultivate your most valuable connections to people, activities and whatever else is most important to you—and then setting aside space in your planner for them. When you switch your priority from the checklist of the things you should do to intentionally aligning your daily life with what really matters, life gets better.

2. Seek work flexibility. Brigham Young University researchers analyzed how long people can work each week before experiencing conflict between work and family life. Thirty-eight hours per week was the breaking point for regular office workers. However, telecommuters with flextime worked 57 hours before experiencing conflict. Talk with your boss about the possibility of flexing your hours to meet your family needs.

3. Learn to put on the breaks. Forty percent of American employees work overtime at least once a week and 36 percent do not take their full vacation each year. How well do you create space in your life to pause, relax and recharge? Give yourself permission to take a break.

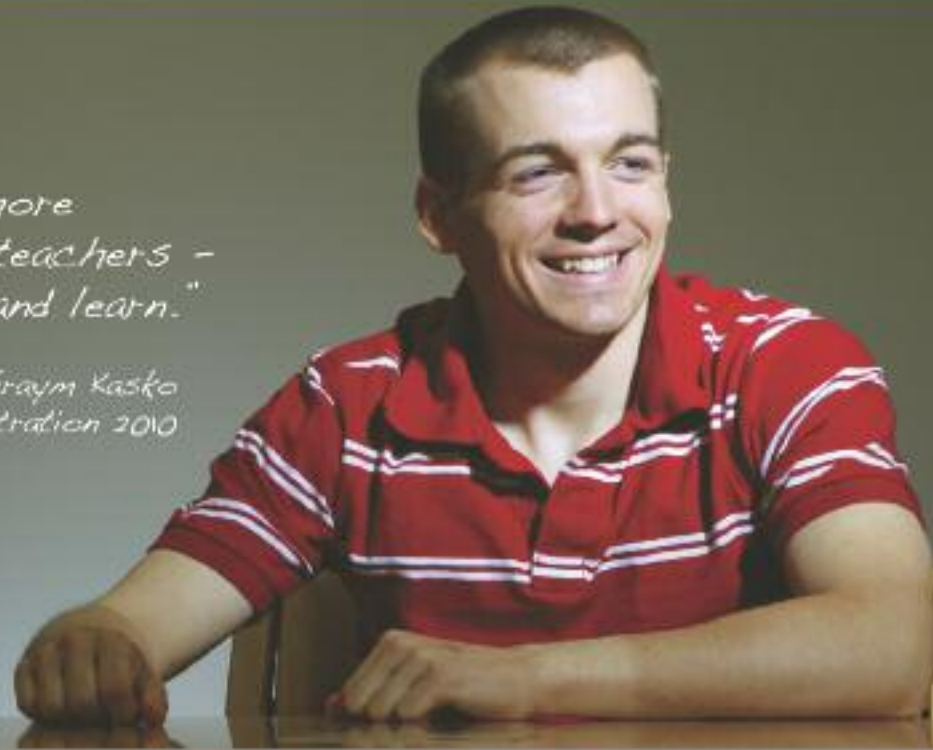
Lilly Tryon, MSN, RN, serves as wellness coaching coordinator at Adventist WholeHealth Network (awhn.org) in Wyomissing, Pa.



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